

Pork Chops and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

25 Minutes





Pork Chops, bone-in



2 | 4



100 g | 200 g











56 g | 113 g





56 ml | 113 ml

Whole Grain Mustard 1 tbsp | 2 tbsp



Red Wine Vinegar





1 tbsp | 2 tbsp

Concentrate 1 | 2

Allengens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Cook pork

- Before starting, wash and dry all produce.
- Heat a large non-stick pan over medium heat.
- While the pan heats, pat pork chops dry with paper towels. Season with salt and pepper.
- When hot, add 1 tsp oil, then pork. (NOTE:
 For 4 ppl, pan-fry pork in batches, using 1
 tsp oil per batch.) Pan-fry until golden-brown and cooked through, 6-8 min per side.**
- Remove from heat, then transfer **pork** to a cutting board. Cover loosely with foil and set aside to rest for 2-3 min.



Prep

- Meanwhile, peel, then mince or grate garlic.
- Halve tomatoes.
- Peel, pit, then cut **avocado** into ½-inch pieces.
- Add avocados, tomatoes, vinegar and
 1 tbsp (2 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to combine.
- Place arugula and spinach mix over top. Do not toss until just before serving.



Make sauce

- Reheat the same pan (from step 1) over medium.
- When hot, add ½ **tbsp** (1 tbsp) **butter**, then **garlic**. Cook, stirring until **butter** melts and **garlic** is fragrant, 30 sec.
- Add ¼ cup (½ cup) water, cream, mustard and broth concentrate. Bring to a simmer.
- Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat.



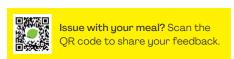
Slice pork and finish creamy mustard sauce

- Once **pork** has rested, thinly slice.
- Stir any pork resting juices into sauce. Season with salt and pepper, to taste.



Finish and serve

- Toss **salad** to combine. Divide between plates, then crumble **feta** over top.
- Top salad with pork.
- Drizzle creamy mustard sauce over pork.



Measurements

within steps

1 tbsp

(2 tbsp)

oil

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.