



Pork Chops and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

25 Minutes



Pork Chops, bone-in
2 | 4



Feta Cheese, block
100 g | 200 g



Avocado
1 | 2



Baby Tomatoes
113 g | 227 g



Arugula and Spinach
Mix
56 g | 113 g



Garlic, cloves
2 | 4



Cream
56 ml | 113 ml



Whole Grain Mustard
1 tbsp | 2 tbsp



Red Wine Vinegar
1 tbsp | 2 tbsp



Chicken Broth
Concentrate
1 | 2

Allergens 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.

Pantry items | Oil, unsalted butter, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, aluminum foil, measuring cups, large non-stick pan, paper towels

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1



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.

2



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.

3



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.

4



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.

5



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**.

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



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