

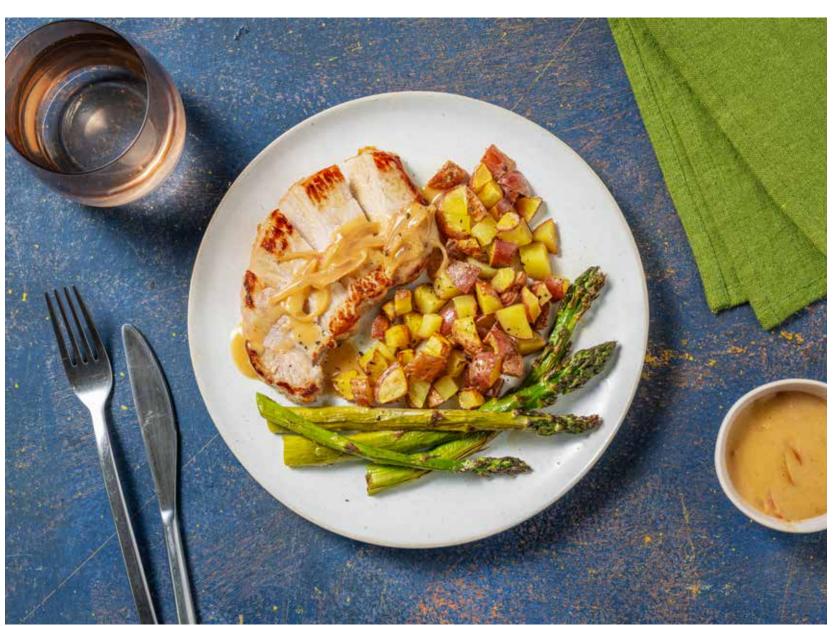
Smart Honey-Dijon Pork Chops

with Asparagus and Red Potatoes

Carb Smart

Calorie Smart

35 Minutes





Pork Chops, boneless



Asparagus

Shallot





Red Potato





Garlic, cloves



Seasoned Salt

Dijon Mustard





Honey



Cream Sauce Spice Blend

Start here

- Before starting, preheat the oven to
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Asparagus	227 g	454 g
Red Potato	360 g	720 g
Shallot	50 g	100 g
Garlic, cloves	2	4
Seasoned Salt	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

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

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.



Prep and roast potatoes

Cut potatoes into ½-inch pieces. Add potatoes and 1 tbsp oil (dbl for 4 ppl) to an unlined baking sheet. Season with salt and pepper, then toss to coat. Roast in the middle of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Prep

Trim and discard the bottom 1-inch from asparagus. Peel, then mince or grate garlic. Peel, then cut shallot into 1/2-inch slices. Add asparagus and ½ tbsp oil (dbl for 4 ppl) to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat. Set aside. Pat **pork** dry with paper towels, then season with seasoned salt and pepper.



Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then **pork**. Pan-fry until golden, 2-3 min per side. (NOTE: Pork will finish cooking in the next step.)



Roast veggies and pork

Add pork to the baking sheet with asparagus. Roast in the top of the oven, until asparagus is tender-crisp and **pork** is cooked through, 8-10 min.**



Make honey-Dijon sauce

Meanwhile, heat the same pan (from step 3) over medium. When hot, add 1 tbsp butter (dbl for 4 ppl), shallots and garlic. Cook, stirring often, until **shallots** soften, 1-2 min. Sprinkle over **Cream Sauce Spice Blend**. Cook, stirring often, until fragrant 1-2 min. Add honey, Dijon and ½ cup water to the pan. Season with salt and pepper. Cook, stirring often, until **sauce** thickens, 3-4 min.



Finish and serve

Divide asparagus, potatoes and pork chops between plates. Spoon honey-Dijon sauce over top.

Dinner Solved!

Contact

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