



Carb Smart Mustard-Fig Pork Chops

with Rosemary-Roasted Vegetable Medley

Carb Smart

30 Minutes



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Pork Chops,
boneless



Garlic Salt



Carrot



Brussels Sprouts



Rosemary



Fig Spread



Shallot



Chicken Broth
Concentrate



All-Purpose Flour



Whole Grain Mustard



Mushrooms

HELLO ROSEMARY

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Garlic Salt	1 tsp	2 tsp
Carrot	170 g	340 g
Brussels Sprouts	170 g	340 g
Rosemary	1 sprig	2 sprig
Fig Spread	2 tbsp	4 tbsp
Shallot	25 g	50 g
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Mushrooms	113 g	227 g
Unsalted Butter*	2 ½ tbsp	5 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

- Peel, then cut **carrot** into ¼-inch rounds.
- Halve **mushrooms**.
- Trim, then halve **any Brussels sprouts** larger than 1 inch.
- Peel, then cut **half the shallot** (whole shallot for 4 ppl) into ¼-inch pieces.
- Strip **rosemary leaves** from stems, then roughly chop.



Start mustard-fig sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add ½ **tbsp** (1 tbsp) **butter**, then **shallots**. Cook, stirring occasionally, until softened, 2-3 min.
- Sprinkle **remaining flour** into the pan. Cook, stirring often, until **shallots** are coated, 30 sec.
- Gradually whisk in ¾ **cup** (1 ½ cups) **water** until smooth. Bring to a simmer, whisking often. Simmer until **sauce** thickens slightly, 2-3 min.



Roast veggies

- Add **carrots, Brussels sprouts, mushrooms, rosemary, half the garlic salt** and **1 ½ tbsp** (3 tbsp) **oil** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **veggies** are tender, 20-24 min.
- When **veggies** are done, add **1 tbsp** (2 tbsp) **butter**, then toss until **butter** melts and **veggies** are coated.



Finish mustard-fig sauce

- Add **fig spread, broth concentrate** and **mustard**. Cook, whisking often, until **sauce** is combined and thickens more, 1-2 min.
- Add **1 tbsp** (2 tbsp) **butter**, then whisk until **butter** melts.
- Whisk **any pork juices** from the baking sheet into **sauce**. Season with **salt** and **pepper**, to taste.



Cook pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork chops** dry with paper towels. Season with **pepper** and **remaining garlic salt**. Sprinkle **half the flour** over **pork**, then pat to coat.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear until golden-brown, 1-2 min per side.
- Transfer **pork** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**



Finish and serve

- Thinly slice **pork chops**.
- Divide **roasted veggies** between plates. Top with **pork**. Spoon **mustard-fig sauce** over **pork**.

Dinner Solved!



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