



Pork Chops and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special Quick 25 Minutes



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Pork Chops, bone-in



Feta Cheese, crumbled



Avocado



Baby Tomatoes



Arugula and Spinach Mix



Garlic, cloves



Cream



Whole Grain Mustard



Red Wine Vinegar



Chicken Broth Concentrate

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

Before starting, wash and dry all produce.

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Feta Cheese, crumbled	½ cup	1 cup
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
Unsalted Butter*	½ tbsp	1 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.

1



Cook pork

- 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, 2-3 min.

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.

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.

5



Finish and serve

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

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.

Dinner Solved!



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