

# Pork Chops and Creamy Mustard Sauce

with Arugula, Feta and Tomato Salad

Keto Special

Quick

25 Minutes









Pork Chops, bone-in

crumbled







Avocado

**Baby Tomatoes** 





Arugula and Spinach

Garlic, cloves







Cream

Whole Grain Mustard





Red Wine Vinegar

Chicken Broth Concentrate



## Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

#### **Bust out**

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

# Ingredients

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	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.



- · 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.



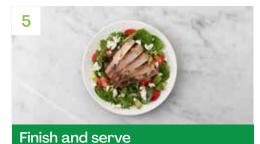
- Meanwhile, peel, then mince or grate garlic.
- Halve tomatoes.
- Peel, pit, then cut avocado into ½-inch pieces.
- Add avocados, tomatoes, vinegar and 1 tbsp (2 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to combine.
- Place arugula and spinach mix over top. (NOTE: Do not toss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



- 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.



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



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

**Dinner Solved!** 

