



Lemon-Honey Pork Chop

with Green Beans Almondine



20-30min



2 Servings

We took an already delicious sauce (honey-mustard) and made it shine even brighter by adding a judicious amount of lemon zest. Brush it onto pork chops, then roast, and you have a lip-smacking glaze. Serve it all with crisp-tender green beans that get additional crunch from toasty slivered almonds.

What we send

- 1 medium red onion
- ½ lb green beans
- 12 oz pkg boneless pork chops
- 1 lemon
- ½ oz honey
- 2 pkts Dijon mustard (use 1 Tbsp)
- 1 oz sliced almonds ²
- ¼ oz fresh rosemary

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium saucepan
- microplane or grater
- medium ovenproof skillet

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 670kcal, Fat 30g, Carbs 28g, Protein 72g



1. Prep ingredients

Preheat the oven to 425°F with a rack in the center. Fill a medium saucepan with **salted water**; bring to a boil. Cover and keep warm until step 6. Cut **onion** through the core into ½-inch thick wedges. Trim **green beans**, then cut into 2-inch lengths. Pat **pork chops** dry and trim any excess fat; season all over with **salt** and **pepper**. Set aside until step 4.



4. Brown pork

Add **1 tablespoon oil** to same skillet and heat until shimmering. Add **pork chops** and cook over medium-high, until browned on one side, 3-5 minutes (pork will not be cooked through); transfer chops to a plate. Add **onions** and **half of the rosemary sprigs** (save rest for own use) to skillet and stir to coat in oil. Return pork to skillet, browned-side up.



2. Make lemon-honey glaze

Finely grate **¼ teaspoon lemon zest** into a small bowl (save lemon for own use). Stir in **honey**, **1 tablespoon Dijon mustard**, **2 tablespoons water**, and a **pinch each of salt and pepper**.



5. Roast pork

Brush **lemon-honey glaze** over **pork chops** and roast on center oven rack until an instant read thermometer registers 140°F, about 6 minutes. Carefully place skillet over medium-high heat and cook, turning pork chops, until coated in glaze, 1-2 minutes.



3. Toast almonds

Heat **1 teaspoon oil** in a medium ovenproof skillet over medium-high. Add **almonds** and cook, stirring, until lightly browned, about 2 minutes. Transfer to a plate and sprinkle with **salt**. Wipe out skillet.



6. Cook green beans & serve

While **pork** roasts, return saucepan with water to a boil. Add **green beans** and boil until bright green and crisp-tender, 3-4 minutes. Drain and return to saucepan, then add **almonds**, **½ tablespoon butter**, and a **pinch each of salt and pepper**; toss to coat. Serve **pork chops** and **onions** with **green beans almondine** alongside. Spoon **any glaze** over **pork**. Enjoy!