



Parmesan Crusted Pork Chops

with Roasted Parsnips & Spinach Salad



30-40min



2 Servings

Flavorful pork chops are coated in a Parm-panko coating and then pan-fried until crispy on the outside and perfectly juicy inside. The pork is served with a baby spinach salad studded with crunchy cucumbers and tossed in a Dijon vinaigrette. Plus, don't forget your soon-to-be new favorite side, oven-baked parsnip fries. Cook, relax, and enjoy!

What we send

- boneless pork chops
- baby spinach
- parsnips
- Dijon mustard
- garlic
- $\frac{3}{4}$ oz Parmesan ²
- 1 oz panko ³

What you need

- 1 large egg ¹
- kosher salt & ground pepper
- white wine vinegar

Tools

- medium skillet
- rimmed baking sheet

Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 73g, Carbs 29g, Protein 45g



1. Prep & roast parsnips

Preheat oven to 450°F with a rack in the bottom third. Peel and trim ends from **parsnips** and cut into $\frac{1}{2}$ -inch thick, long sticks. Spread parsnips in an even layer on a rimmed baking sheet. Toss with **2 tablespoons oil** and **$\frac{1}{2}$ teaspoon each salt and pepper**. Roast in lower third of oven, until browned and tender, 12-14 minutes, tossing halfway through.



4. Cook pork chops

Heat **$\frac{1}{4}$ -inch neutral oil** in a medium skillet over medium-high until shimmering. Add **breaded pork chops** to skillet and cook, turning once, until golden and crisp all over (reduce the heat if browning too quickly), 3-4 minutes per side. Transfer to a paper towel-lined plate.



2. Prep coating

While parsnips roast, finely grate **Parmesan** and **$\frac{1}{2}$ teaspoon garlic** into a shallow bowl. Add **panko** and stir to combine. Season with **$\frac{1}{4}$ teaspoon each salt and pepper**. Pat **pork chops** dry, trimming any fat if necessary. Pound to an even thickness, if necessary. Season pork all over with **salt and pepper**.



5. Prep salad & dressing

Meanwhile, finely chop **cucumber**. In a medium bowl, whisk together **Dijon**, **1 tablespoon vinegar**, and **3 tablespoons oil**. Season with **$\frac{1}{4}$ teaspoon salt** and **a few grinds pepper**.



3. Coat pork chops

In a shallow bowl, whisk **1 large egg** with **$\frac{1}{4}$ teaspoon salt** and **a few grinds pepper**. Dip each **pork chop** in **egg mixture**, then into **panko-Parmesan mixture**, pressing so crumbs adhere. Transfer pork chops to a plate.



6. Finish salad & serve

Add **spinach** and **cucumbers** to the bowl with **dressing**, and toss to coat. Serve **pork chops** and **parsnips** with **salad** alongside. Enjoy!