



Fast! Low-Carb Chipotle Glazed Pork Chop

with Charred Green Bean & Mint Salad



20-30min



2 Servings

We love a recipe where simple ingredients come alive thanks to an irresistible sauce. We whip up a sweet and savory glaze of orange juice, honey, chipotle, and tamari to perfectly complement hearty ribeye pork chops. A refreshing side salad of broiled green beans, radish, orange segments, and mint tempers the heat of the chipotle glazed pork. Pour yourself a crisp glass of white wine and enjoy this elegant meal!

What we send

- ½ lb green beans
- 1 bag radishes
- 1 shallot
- ¼ oz fresh mint
- 1 orange
- ½ oz honey
- 1 oz chipotle chiles in adobo sauce
- ½ oz tamari soy sauce ¹
- 1 pkt Dijon mustard
- 12 oz pkg ribeye pork chop

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar)

Tools

- microplane or grater
- rimmed baking sheet
- medium skillet

Allergens

Soy (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 43g, Carbs 34g, Protein 40g



1. Prep ingredients

Preheat oven to broil with a rack 4 inches from heat. Trim stem ends from **green beans**. Thinly slice **radishes**. Thinly slice **half of the shallot**. Pick **mint leaves** from stems. Finely grate **2 teaspoons orange zest**.

Into a small bowl, squeeze **juice of half the orange** (about ¼ cup). Cut away peel and pith from **remaining orange half**; cut flesh into ½-inch pieces.



4. Cook pork

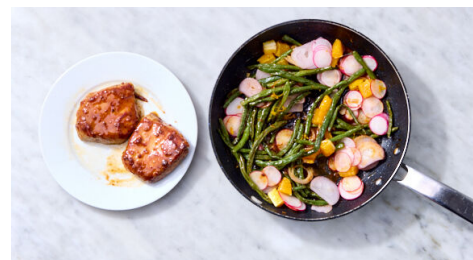
Pat **pork** dry; season all over with **salt** and **pepper**.

In a medium skillet, heat **1 tablespoon oil** over high until lightly smoking. Add **pork** (it should sizzle vigorously) and cook until golden brown and medium (145°F internally) or longer if desired, 2-3 minutes per side. Transfer pork to a plate.



2. Broil green beans

On a rimmed baking sheet, toss **green beans** with **½ tablespoon oil**; season with **salt** and **pepper**. Broil on top rack until beans are blistered and browned in spots, 3-5 minutes. Set aside.



5. Glaze pork & serve

Add **chipotle mixture** to skillet and simmer over medium heat until thick and syrupy, 2-3 minutes. Return **pork** and any accumulated juices to skillet and spoon **glaze** over pork until glazed and sticky; return pork to plate.

Add **green beans, radish, orange pieces, shallots, mint** and **vinaigrette** to skillet, off heat, and toss to coat; season to taste. Serve with **pork**. Enjoy!



3. Make glaze & vinaigrette

To bowl with **orange juice**, whisk in **honey, chipotle (use half for less spice), half of the orange zest**, and **1 teaspoon each of tamari and vinegar**.

In a separate small bowl, whisk together **mustard, remaining orange zest, 1 tablespoon vinegar**, and **½ teaspoon tamari**. Gradually whisk in **3 tablespoons oil**.



6. Rate your plate!

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