

DINNERLY



Low-Cal Tuscan Pork Chop with Roasted Zucchini & Tomatoes



30min



2 Servings

The rustic flavors of the Tuscan countryside are well within your reach, thanks to our herby, garlicky Tuscan spice blend. It pairs super well with pork chop and a side of buttery, roasted zucchini and tomatoes. Oh, and did we mention this dish is keto-friendly? We've got you covered!

WHAT WE SEND

- 2 zucchini
- 2 plum tomatoes
- 12 oz pkg ribeye pork chop
- ¼ oz Tuscan spice blend

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter ⁷

TOOLS

- medium baking dish

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 490kcal, Fat 28g, Carbs 15g, Protein 40g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Cut **zucchini** into ¼-inch wedges. Quarter **tomatoes**.

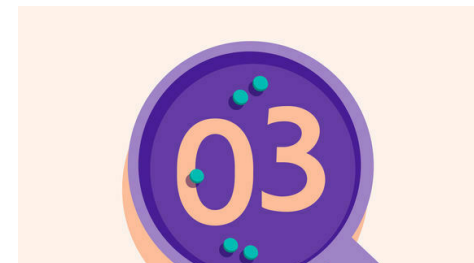
Pat **pork** dry and rub with **a drizzle of oil**. Season all over with **half of the Tuscan spice blend, salt, and pepper**.



2. PORK CHOP VARIATION

In a medium baking dish, toss **tomatoes** and **zucchini** with a drizzle of **oil**; season with **salt** and **pepper**. Spread into an even layer and top with **a couple pats of butter**.

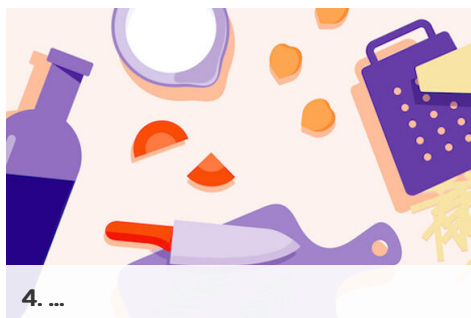
Nestle **pork** on top of veggies.



3. Roast & serve

Roast on upper oven rack, uncovered, until **veggies** are tender and **pork** is browned all over (or reaches internal temperature of 145°F), 15–25 minutes. Let pork rest 5 minutes, then thinly slice.

Serve **Tuscan pork** and **roasted veggies** with **sauce** from baking dish spooned over top. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!