

# DINNERLY



## Low-Carb Roasted BBQ-Glazed Pork Chop

with Buttery Corn & Broccoli



30min



2 Servings

Did you ever watch a movie and the sidekick was so charming, they kind of stole the show from the main character? The broccoli in this dish does just that here (sorry, pork). When you roast broccoli, something magical happens: It gets charred and crispy in places, making it so sweet and irresistible, it's practically picky eater-proof. We've got you covered!

### WHAT WE SEND

- ½ lb broccoli
- 12 oz pkg ribeye pork chop
- 2 oz barbecue sauce
- 5 oz corn

### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- butter <sup>7</sup>

### TOOLS

- rimmed baking sheet
- small skillet

### COOKING TIP

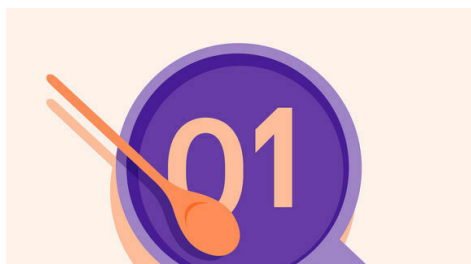
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

### ALLERGENS

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

### NUTRITION PER SERVING

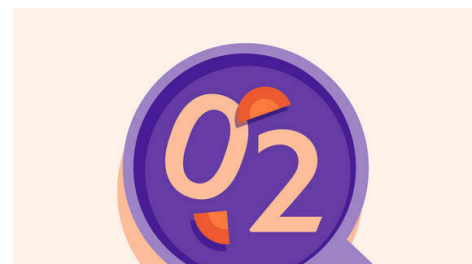
Calories 660kcal, Fat 42g, Carbs 31g, Protein 41g



#### 1. PORK CHOP VARIATION

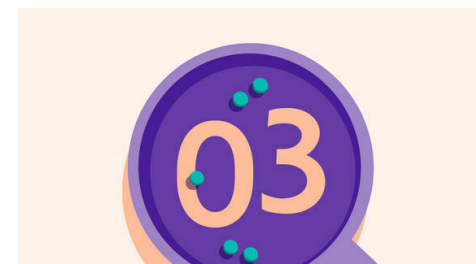
Preheat oven to 450°F with a rack in the center. Cut **broccoli** into 1-inch florets, if necessary.

Pat **pork** dry and place on one side of a rimmed baking sheet. Lightly drizzle with oil then spoon over **half of the barbecue sauce**.



#### 2. Roast broccoli & pork

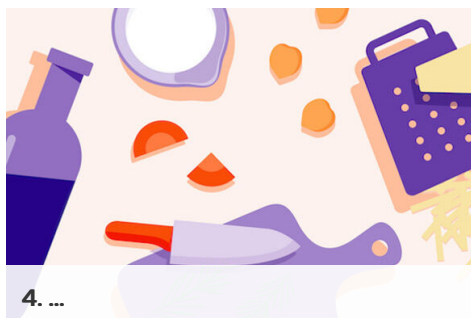
Add **broccoli** to open side of baking sheet; carefully toss with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until broccoli is tender and browned in spots and pork reaches 145°F internally, 12–15 minutes (watch closely as ovens vary).



#### 3. Cook corn & serve

Meanwhile, melt **1 tablespoon butter** in a small skillet over medium-high. Add **corn** and cook, stirring, until tender, about 2 minutes. Season to taste with **salt** and **pepper**. Thinly slice pork, then brush with **remaining barbecue sauce**.

Serve **BBQ-glazed pork** with **buttery corn** and **roasted broccoli** alongside. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!