

# MARLEY SPOON



## 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
- ¼ oz chipotle chili powder
- ½ oz tamari soy sauce <sup>1</sup>
- ¼ oz Dijon mustard
- 12 oz pkg ribeye pork chop

## What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) <sup>2</sup>

## Tools

- microplane or grater
- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 680kcal, Fat 43g, Carbs 33g, Protein 41g



### 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

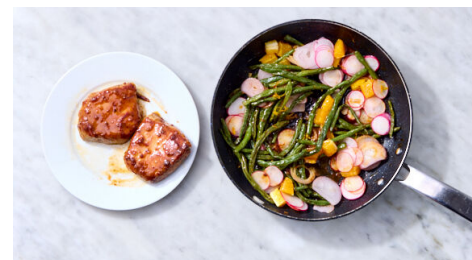
Pat **pork** dry; season all over with **salt** and **pepper**.

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**, **¼ teaspoon chipotle** (depending on heat preference), **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!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.