



**FAST**

**KETO FRIENDLY**

## Pork Chop & Mustard Pan Sauce

with Roasted Cauliflower-Spinach Salad



30min



2 Servings

Goodbye, Summer; hello, Fall. This Calabrian-inspired plate has us excited for the deep flavors of roasted cauliflower, briny capers, and fresh parsley paired with juicy pork chops. We take the rich drippings from the pork combine them with grainy mustard, shallots, and butter to create a delectable pan sauce worthy of smothering your chops.



## What we send

- 1½ lbs cauliflower (use half)
- 1 oz capers <sup>12</sup>
- 3 oz shallot
- 1 oz sherry vinegar <sup>17</sup>
- ¼ oz fresh parsley
- ¾ oz piece Parmesan <sup>7</sup>
- 12 oz pkg boneless pork chops
- ½ oz pkt whole-grain mustard <sup>17</sup>
- 3 oz baby spinach

## What you need

- olive oil
- kosher salt & ground pepper
- 2 Tbsp butter <sup>7</sup>

## Tools

- rimmed baking sheet
- box grater
- medium heavy skillet (preferably cast-iron)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Milk (7), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 860kcal, Fat 65g, Carbs 12g, Proteins 44g



### 1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third. Halve **cauliflower**, then cut 1 half into 1-inch florets (save remaining half for your own use). Place cauliflower florets on a rimmed baking sheet, toss with **1 tablespoon oil** and **a pinch each salt and pepper**. Roast on upper oven rack until tender and browned in spots, about 15 minutes. Toss with **capers**, and roast, 3 minutes more.



### 4. Cook pork chops

Pat **pork chops** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium, heavy skillet (preferably cast-iron) over medium-high. Add pork chops and cook until browned on both sides, 3-4 minutes per side. Transfer to a plate.



### 2. Make sherry vinaigrette

Meanwhile, peel and finely chop about **¼ cup shallot**. In a medium bowl, stir to combine **2 teaspoons of the sherry vinegar**, **1 tablespoon of the chopped shallots**, and **2 tablespoons oil**. Season to taste with **salt** and **pepper**. Transfer **roasted cauliflower and capers** to bowl with **vinaigrette**, and toss to combine.



### 5. Build pan sauce

Add **remaining chopped shallots** and **2 teaspoons oil** to same skillet. Reduce heat to medium, and cook, stirring, until softened, about 1 minute. Stir in **mustard**, **remaining vinegar**, and **¼ cup water**. Bring to a simmer, about 1 minute. Remove from heat. Whisk in **2 tablespoons butter**. Season **pan sauce** to taste with **salt** and **pepper**.



### 3. Prep salad




Pick **parsley leaves** from **stems**; finely chop stems and coarsely chop leaves, keeping them separate. Coarsely grate **Parmesan** on the large holes of a box grater. Stir parsley stems into bowl with **cauliflower**.



### 6. Finish & serve

Return **pork chops** to skillet, turning to coat; transfer to plates and top with **pan sauce**. Add **Parmesan**, **parsley leaves**, and **spinach** to **roasted cauliflower salad**, and toss to combine; season to taste with **salt** and **pepper**. Serve **pork chops** with **roasted cauliflower-spinach salad** alongside. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)    **#marthaandmarleyspoon**