

MARLEY SPOON



One-Pan Pork Chop

with Peppers, Olives & Capers

 20-30min  2 Servings

Sometimes the most delicious meals are those that require the least amount of work. The oven is great for this very purpose. Bell peppers, tomatoes, olives, capers, and pork roast on one sheet, so the vegetables soften and brown to form a delicious sauce alongside the meat. Fresh basil is always best eaten raw, we added it at the very end to preserve its beautiful color.

What we send

- 1 bell pepper
- 9 oz tomatoes
- 1 lb pkg bone-in pork chops
- red pepper flake
- 2 oz Kalamata olives
- 1 oz capers ¹⁷
- 2 ciabatta rolls ¹
- ¼ oz fresh basil

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet

Allergens

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 54g, Carbs 52g, Protein 54g



1. Prep vegetables & pork

Preheat broiler with top rack 6 inches from heat source and a rack in the center. Slice **bell pepper** crosswise into ¼-inch thick rings, discarding stem and seeds. Cut **tomatoes** lengthwise into 1-inch thick wedges. Pat **pork chops** dry and trim any excess fat to ¼-inch thickness, if necessary.



4. Heat ciabatta rolls

Meanwhile, place **ciabatta rolls** in the oven directly on the rack below the baking sheet. Bake until bread is heated through and lightly toasted, about 4 minutes.



2. Prepare to broil

On a rimmed baking sheet, toss **bell peppers** and **tomatoes** with **a pinch of the crushed red pepper** and **2 tablespoons oil**, crushing tomatoes slightly to release some of their juices. Arrange in a single layer and season with **salt** and **pepper**. Rub **pork chops** all over with **2 teaspoons oil**, season with **salt** and **pepper**, and place between the vegetables.



5. Prep basil

Pick **basil leaves** from stems; discard stems.



3. Broil pork & vegetables

Broil **pork chops** and **vegetables**, about 4 minutes. Flip pork chops and scatter **olives** and **capers** evenly over vegetables. Return sheet to oven and continue to broil until chops are browned in spots and a thermometer inserted into the thickest part of chops registers 145°F, 4-6 minutes more (watch closely as ovens vary).



6. Finish & serve

Scatter **basil leaves** over **pork** and **vegetables** and serve with **warm ciabatta**. Enjoy!