



Parmesan Crusted Pork Chops

with Roasted Parsnips & Spinach Salad



30-40min



2 Servings

Flavorful pork chops are coated in Parmesan and panko, then pan-fried until crispy on the outside and perfectly juicy on the inside. We serve it with a baby spinach salad studded with crunchy cucumbers and tossed in a Dijon vinaigrette. Don't forget your soon-to-be new favorite side, oven-baked parsnip fries.

What we send

- 2 parsnips
- 12 oz pkg boneless pork chops
- ¾ oz piece Parmesan ²
- garlic
- 1 oz panko ³
- 1 cucumber
- ¼ oz pkt Dijon mustard
- 3 oz baby spinach

What you need

- neutral oil
- kosher salt & ground pepper
- 1 large egg ¹
- white wine vinegar (or apple cider vinegar)

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Egg (1), Milk (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 970kcal, Fat 64g, Carbs 40g, Protein 62g



1. Prep & roast parsnips

Preheat oven to 450°F with a rack in the lower third. Peel and trim **parsnips**, then cut into ½-inch thick, long sticks. Spread parsnips in an even layer on a rimmed baking sheet. Toss with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on lower oven rack, until browned and tender, 12-14 minutes, tossing halfway through.



4. Pan-fry pork chops

Heat **¼ inch neutral oil** in a medium skillet over medium-high until shimmering. Add **breaded pork chops** and cook, turning once, until golden and crisp all over, 3-4 minutes per side (if browning too quickly, reduce heat to medium). Transfer to a paper towel-lined plate.



2. Prep pork & breading

While **parsnips** roast, pat **pork chops** dry, trimming any fat, then pound to an even thickness, if necessary; season all over with **salt** and **pepper**. Finely grate **Parmesan** and **½ teaspoon garlic** into a medium shallow bowl. Add **panko** and stir to combine. Season with **¼ teaspoon each of salt and pepper**.



5. Prep cucumbers & dressing

Meanwhile, finely chop **cucumber** (peel, if desired). In a medium bowl, whisk together **Dijon mustard**, **3 tablespoons oil**, and **1 tablespoon vinegar**. Season to taste with **salt** and **pepper**.



3. Bread pork chops

In another medium shallow bowl, whisk **1 large egg**, **¼ teaspoon salt**, and **a few grinds of pepper**. Dip each **pork chop** into **egg mixture**, letting excess drip back into the bowl. Dredge in **panko-Parmesan mixture**, pressing to help crumbs adhere. Transfer pork chops to a plate.



6. Finish salad & serve

Add **spinach** and **cucumbers** to bowl with **dressing**, tossing to coat. Serve **Parmesan crusted pork chops** with **roasted parsnips** and **spinach salad** alongside. Enjoy!