



One-Pan Pork Chops

with Peppers, Olives and 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. Cook, relax, and enjoy!

What we send

- tomato on the vine
- fresh basil
- yellow bell pepper
- boneless pork chops
- crushed red pepper

What you need

- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet

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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 748.0kcal, Fat 40.8g, Proteins 43.8g, Carbs 51.3g



1. Prep vegetables

Preheat broiler with a rack in the top position. Slice **bell pepper** crosswise into ¼-inch thick rings, discarding seeds and core. Cut **tomatoes** lengthwise into 1-inch wedges. Pat **pork chops** dry and trim any excess fat to ¼-inch thickness.



2. Prepare to broil

On a rimmed baking sheet, **toss bell pepper** and **tomatoes** with **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.



3. Broil pork & vegetables

Broil **pork chops** and **vegetables**, about 3 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 138°F, 3-5 minutes more (watch closely).



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.



5. Prep basil

Pick **basil leaves** from stems.



6. Finish & serve

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