



Keto-Friendly Pork Cutlets & Mustard Sauce

with Roasted Cauliflower Salad



30min



2 Servings

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

What we send

- 1½ lbs cauliflower (use half)
- 1 oz capers ¹²
- 1 shallot
- 1 oz sherry vinegar ¹⁷
- ¼ oz fresh parsley
- 12 oz pork cutlets
- ½ oz whole-grain mustard ¹⁷
- ¾ oz grated Parmesan ⁷
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- rimmed baking sheet
- large 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 750kcal, Fat 58g, Carbs 18g, Proteins 44g



1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third. Halve **cauliflower**; cut half into 1-inch florets (save rest for own use). On a rimmed baking sheet, toss cauliflower with **1 tablespoon oil** and a **pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 13-15 minutes. Carefully toss on baking sheet with **capers** and roast, about 3 minutes more.



4. Cook pork cutlets

Pat **pork cutlets** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a large heavy skillet (preferably cast-iron) over medium-high. Working in batches if necessary, add pork cutlets and cook until lightly browned, 1-2 minutes per side. Remove skillet from heat and transfer pork to a plate.



2. Make vinaigrette

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



5. Make pan sauce

Add **remaining chopped shallots** and **2 teaspoons oil** to same skillet over medium heat and cook, stirring, until softened, about 1 minute. Stir in **mustard**, **remaining sherry vinegar**, and **¼ cup water**. Bring to a simmer over medium-high heat, 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. Stir parsley stems into bowl with **cauliflower** and **vinaigrette**.



6. Finish & serve

Return **pork cutlets** to skillet, turning to coat in **pan sauce**; transfer to plates and top with **pan sauce**. Add **Parmesan**, **parsley leaves**, and **spinach** to **roasted cauliflower salad**; toss to combine. Season to taste with **salt** and **pepper**. Serve **pork cutlets** 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    **#marthaandmarleyspoon**