



LOW CARB
NO ADDED GLUTEN

Lemon-Honey Pork Chops

with Green Beans Almondine



20-30min



2 Servings

Tender pork chops are seared to create a golden crust before being roasted, covered in a sweet and lemony honey-mustard glaze. The pork is served alongside crisp-tender green beans laced with toasty slivered almonds which adds a delightful nutty crunch.

What we send

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What you need

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

Tools

- medium saucepan
- medium skillet

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

Nutrition per serving

Calories 620kcal, Fat 39g, Carbs 26g, Proteins 42g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Halve, peel, and cut **all of the onion** into ½-inch wedges. Trim ends from **green beans**, then cut into 2-inch pieces. Pat **pork chops** dry and trim any excess fat, if necessary. Season with **salt** and **pepper**. Let sit until step 4. Bring a medium saucepan of **salted water** to a boil. Cover and keep warm until step 6.



4. Brown pork

Heat **1 tablespoon oil** to same skillet over medium-high until shimmering. Add **pork** and cook until browned on one side only, 3-5 minutes. Transfer pork to a plate. Add **onions** and **half of the rosemary sprigs** to skillet and stir to coat in **oil**. Return pork to skillet browned-side up.



2. Make glaze

Grate **¼ teaspoon lemon zest** into a small bowl (save lemon for own use), To the bowl with lemon zest, stir in **honey**, **mustard**, **2 tablespoons water**, and a **pinch each salt and pepper**.



5. Roast pork

Pour **glaze** over **pork** and bake on the center oven rack until an instant read thermometer registers 140°F in the center of the pork, about 6 minutes. Carefully place skillet over medium-high heat and cook, turning pork chops, until coated in sauce, 1-2 minutes.



3. Toast almonds

Heat **1 teaspoon oil** in a medium ovenproof skillet over medium-high heat. Add **almonds** and cook, stirring, until lightly browned, about 2 minutes. Transfer to a plate and sprinkle with **salt**. Wipe out skillet.



6. Cook green beans & serve

While **pork** roasts, return water to a boil. Add **green beans** and boil until bright green and crisp-tender, 3-4 minutes. Drain well, return to saucepan, and add **almonds**, **½ tablespoon butter**, and a **pinch each salt and pepper**, tossing to coat. Serve **pork chops** and **onions** with **green beans** alongside, spooning any **glaze** over **pork**. 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**