



LOW CARB

KETO FRIENDLY

Pine Nut-Crusted Pork Chop

with Roasted Broccolini & Goat Cheese



20-30min



2 Servings

Pine nuts, also called pignoli, are the edible seeds of pine trees. These small but mighty seeds have a rich, slightly sweet, nutty flavor.

What we send

- shallot
- bone-in pork chops
- broccolini
- Parmesan
- pine nuts ¹⁵
- goat cheese ⁷

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- box grater or microplane
- skillet
- 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

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 66g, Carbs 6g, Proteins 53g



1. Pickle shallots

Preheat oven to 450°F with a rack in the upper third. Halve, peel, and thinly slice $\frac{1}{3}$ cup shallots. In a large bowl, combine **2 teaspoons vinegar**, **1 tablespoon oil**, and **a pinch each salt and pepper**. Add sliced shallots, stirring to combine. Set aside, stirring occasionally, until step 5.



4. Brown pork

While **broccolini** roasts, pat **pork chops** dry, then season with $\frac{1}{2}$ **teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add pork and cook, on one side only, until lightly browned, 3-5 minutes. Transfer to a plate.



2. Prep ingredients

Finely grate **Parmesan**. Finely chop **pine nuts**. In a small bowl, combine Parmesan, pine nuts, **1 tablespoon oil**, and **a pinch each salt and pepper**, rubbing with your fingers to combine. Trim and discard ends from **broccolini**, then halve broccolini lengthwise if large.



5. Season & roast pork

Pat **Parmesan-pine nut mixture** onto **unbrowned side of pork chops**, pressing to help mixture adhere. Add pork to empty half of baking sheet next to **broccolini**. Roast in upper third of oven until pork is barely firm to the touch, about 4 minutes. Transfer broccolini to the bowl with **shallots**; toss to combine. Preheat broiler with top rack 6 inches from heat.



3. Roast broccolini

On a rimmed baking sheet, toss **broccolini** with **1 tablespoon oil** and **a pinch each salt and pepper**. Roast in upper third of oven until just tender, about 8 minutes. Push broccolini to one half of the baking sheet.



6. Finish & serve

Broil **pork chops** on top oven rack until the crust is lightly browned, 3-4 minutes (watch closely, as broilers vary). Season **broccolini** with **salt** and **pepper**, then **crumble goat cheese** over top. Serve **pork chops** with **broccolini** alongside. Enjoy!