



SPOTLIGHT RECIPE

PAN-BAKED PORK CHOP WITH PAN-ROASTED VEGETABLES

This is a hearty, balanced entrée featuring bone-in pork chops seared in the oven at high heat to create a savory, caramelized crust while remaining succulent and tender inside. It is paired with a vibrant medley of pan-roasted vegetables that have been caramelized to enhance their natural sweetness and achieve a “crisp-tender” texture.

SERVES 6



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INGREDIENTS

- 2 tablespoons olive oil
- 2 teaspoons garlic, minced
- 2 teaspoons thyme, chopped
- 2 teaspoons rosemary
- 1 teaspoon salt
- 1 teaspoon black pepper
- 6 pork chops
- 1/2 pound baby potatoes, fingerling
- 1/2 pound carrots
- 1 tablespoon olive oil
- 1/2 pound zucchini
- 1/2 cup red bell pepper chunks

DIRECTIONS

Preheat the oven to 400 F to 425 F.

In a bowl, whisk together the olive oil, minced garlic, herbs, salt and pepper. Coat the chops and set them into a sheet pan.

Bake the pork chops in the oven for 25 minutes or until the internal temperature reaches 140 F to 145 F. Let them rest for 5 to 10 minutes to allow the juices to redistribute.

Cut the potatoes in half and the carrots into chunks.

In a pan, add the oil and potatoes, and cook for 5 minutes. Add the carrots and cook for 5 minutes. Add the zucchini and pepper and cook for 3 minutes or until done. Serve with the pork chops.

