

Seared Pork Chops

with Roasted Sweet Potato Salad

We're getting back to basics, chefs—in a satisfying and delicious way. With only a few, wholesome ingredients, you'll make seared pork chops, a roasted baby sweet potato salad and a savory pan sauce. Pork chops are flavorful and succulent enough on their own (all they need is a little salt and pepper). And in the oven, baby sweet potatoes brown and caramelize perfectly, bringing a savory touch to their natural sweetness.



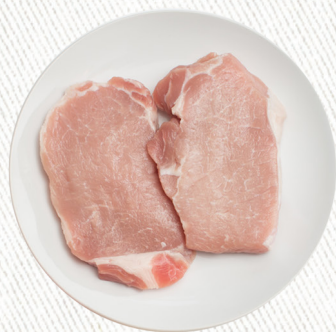
Ingredients

- 2 Boneless, Center-Cut Pork Chops
- 1 Lemon
- 1 Red Onion
- $\frac{3}{4}$ Pound Baby Sweet Potatoes
- 1 Large Bunch Parsley

Knick Knacks

- 2 Tablespoons Butter

Makes 2 Servings
About 500 Calories Per Serving
Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel, halve and thinly slice the onion. Halve the sweet potatoes lengthwise. Pick the parsley leaves off the stems; discard the stems.

2



Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer, cut sides down, and roast 28 to 30 minutes, or until tender when pierced with a fork. Remove from the oven and transfer to a large bowl.

3



Cook the pork chops:

Once the sweet potatoes have roasted for about 20 minutes, pat the **pork chops** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned pork chops and cook 2 to 4 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the cooked pork chops with foil and set aside to rest for at least 5 minutes.

4



Dress the sweet potatoes:

While the pork chops rest, to the bowl of roasted sweet potatoes, add the **lemon zest**, **parsley**, as much of the **onion** as you'd like and **the juice of 2 lemon wedges**. Drizzle with olive oil and toss to coat; season with salt and pepper to taste.

5



Make the pan sauce:

Heat the pan of reserved fond on medium until hot. Add **the juice of the remaining lemon wedges** and **¼ cup of water**. Cook, stirring occasionally and scraping up any browned bits from the bottom of the pan, 2 to 3 minutes, or until the liquid is reduced in volume by about half. Add the **butter**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat; season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked pork chops** and **dressed sweet potatoes** between 2 plates. Top each with a few spoonfuls of the **pan sauce**. Enjoy!