



# PARMESAN-CRUSTED BONE-IN PORK CHOPS with Roasted Carrots and Asparagus



**HELLO**  
**BONE-IN PORK**  
 Bone-in cuts offer the juiciest meat.

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 1090



Red Onion



Asparagus



Lemon



Parmesan Cheese  
(Contains: Milk)



Flour  
(Contains: Wheat)



Bone-In Pork Chops



Chicken Demi-Glace  
(Contains: Milk)



Carrot



Parsley



Panko Breadcrumbs  
(Contains: Wheat)



Dried Thyme



Jasmine Rice



Mustard

## START STRONG

To give the crust extra flavor, toast the panko in the pan with a drizzle of oil over medium heat until golden brown, about 5 minutes.

## BUST OUT

- Peeler
- Zester
- Small bowl
- Plate
- Oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Small pot
- 2 Baking sheets
- Medium pan

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Red Onion **1** | **2**
- Carrot **1** | **2**
- Asparagus **6 oz** | **12 oz**
- Parsley **¼ oz** | **¼ oz**
- Lemon **1** | **2**
- Panko Breadcrumbs **¼ oz** | **½ oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Dried Thyme **1 tsp** | **2 tsp**
- Flour **½ Cup** | **½ Cup**
- Jasmine Rice **½ Cup** | **1 Cup**
- Bone-In Pork Chops **20 oz** | **40 oz**
- Mustard **2 TBSP** | **4 TBSP**
- Chicken Demi-Glace **1** | **2**

## HELLO WINE

Looking for the perfect wine pairing? Join our new wine club at [HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREP

**Wash and dry all produce.** Preheat oven to 425 degrees. Halve, peel, and cut **onion** into wedges. Dice a wedge or two until you have 3 TBSP diced onion. Peel **carrot**, then thinly slice on a diagonal. Trim and discard woody bottoms from **asparagus**. Finely chop **parsley**. Zest **lemon** until you have ½ tsp zest, then cut into halves.



## 4 CRUST PORK

Coat **pork chops** in **flour mixture**, shaking off excess. Place on a second baking sheet. Brush **mustard** onto tops of pork chops. Press **panko mixture** into **mustard** to adhere. Roast in oven until cooked to desired doneness, 15-18 minutes. Let rest 3 minutes after removing from oven.



## 2 MAKE CRUST AND COOK ONIONS

In a small bowl, combine **panko**, **Parmesan**, **dried thyme**, half the **parsley**, **salt**, and **pepper**. On a plate or in a shallow bowl, mix **flour** with a pinch of **salt** and **pepper**. Heat a drizzle of **oil** in a small pot over medium high heat. Add **diced onion** and cook until softened, 1-2 minutes.



## 5 MAKE SAUCE

While pork roasts, bring ½ **cup water**, **demi-glace**, and a squeeze of **lemon juice** to a gentle boil in a medium pan. Let reduce by half, 3-4 minutes. Remove from heat and stir in **1 TBSP butter** until melted. Season with **salt** and **pepper**.



## 3 COOK RICE AND VEGGIES

Add ¾ **cup water** and a pinch of **salt** to pot. Bring to a boil, then add **rice**. Cover, lower heat, and reduce to a simmer. Cook until tender, 15-20 minutes. Meanwhile, toss **asparagus**, **carrot**, **onion wedges**, and a large drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until lightly browned, about 20 minutes.



## 6 FINISH AND PLATE

Fluff **rice** with a fork, then stir in remaining **parsley**, a squeeze of **lemon juice**, and **lemon zest**. Season with **salt** and **pepper**. Divide between plates and top with **veggies** and a **pork chop**. Spoon **sauce** over everything. Cut any remaining **lemon** into wedges and serve on the side for squeezing over.

## DELUXE!

That crispy, golden panko topper is truly worthy of the upper crust.



Share your #HelloFreshPics with us! | (800) 733-2414 [HelloFresh.com](https://www.hellofresh.com) | [hello@hellofresh.com](mailto:hello@hellofresh.com)