

SHEET PAN MAPLE MUSTARD PORK CHOPS AND CARROTS

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 6

INGREDIENTS

4 (5-ounce) bone-in center-cut pork chops (1/2-inch thick)
1 1/2 pounds rainbow carrots, cut diagonally
1/4 cup chopped flat-leaf parsley
4 tablespoons EVOO, divided
1 tablespoon whole grain mustard
1 tablespoon maple syrup
2 teaspoons finely chopped garlic
1 teaspoon coarsely chopped peeled fresh ginger
3/4 teaspoon kosher salt
3/4 teaspoon ground pepper
1/2 teaspoon ground turmeric



INSTRUCTIONS

Position a rack in the lower third of the oven and preheat to 450 degrees Fahrenheit. Whisk 1 tablespoon oil, mustard and maple syrup in a small bowl. Place the pork chops on one side of a rimmed baking sheet. Then, brush the tops of the pork chops with the oil mixture. Place the carrots on the other side and drizzle with the remaining 3 tablespoons of oil. Sprinkle the garlic, ginger and turmeric on the carrots and toss it to coat. Season everything with salt and pepper. Roast for 10 minutes. Turn the broiler to high. Broil for about 4 minutes until an instant-read thermometer inserted in the thickest part of a chop, not touching the bone, registers 145 degrees Fahrenheit. Continue cooking the carrots, if needed, for about 2 to 5 minutes more until tender and glazed. Serve sprinkled with parsley.