

PANKO-CRUSTED PORK CHOPS WITH CARROT MASH

Prep Time: 25 minutes | Cook Time: 10-12 minutes | Servings: 4

INGREDIENTS

2 pounds carrots, peeled and cut into 2-inch pieces

4 four-ounce boneless pork loin chops (about 1 inch thick)

5 tablespoons panko breadcrumbs

4 tablespoons salted butter, cubes

2 tablespoons honey mustard

1 tablespoon honey

1 tablespoon olive oil

1/2 teaspoon kosher salt,

plus more to taste

1/4 teaspoon cayenne

pepper

Chopped fresh parsley, for topping



INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit. Fill a medium saucepan with two inches of water. Set a steamer basket in the pan and add the carrots. Cover and steam over medium-high heat until tender, about 20 minutes. Drain the carrots and transfer to a food processor. Process until mostly smooth but not totally pureed. Add the butter, honey, salt and cayenne and pulse until the butter is fully incorporated. Keep the mash warm. While the carrots cook, prepare the pork: Combine the panko, olive oil and a pinch of salt in a small bowl. Place the pork chops on a baking sheet. Cover with the honey mustard, then top evenly with the panko mixture, pressing to adhere. Bake the pork chops until the panko is golden and the meat is almost cooked through, 10 to 12 minutes (the pork will continue to cook out of the oven). Serve with the carrot mash and top with parsley.