



Steakhouse Pork Chops

(with creamy pan sauce, roasted potatoes, and lemony green beans)

10-minute prep

35-minute cook

Calories – **540**

Protein – **42 grams**

Fat – **23 grams**

Carbohydrates – **47 grams**

Ingredients:

- 4 – 6oz boneless pork chops
- 24oz Yukon gold potatoes
- 1 lemon
- 1 tbsp of your favorite steak spice (McCormick's Montreal is a good choice)
- 12oz fresh green beans
- Salt

Creamy Pan Sauce:

- 4 tbsp sour cream
- Olive Oil (about 2oz)
- 2oz beef stock
- 1 yellow onion (medium)
- 1/3 cup of water
- Black Pepper to taste

Instructions:

1. Preheat oven to 425° - wash/dry produce, dice potatoes (1/2" pieces), mince onion, zest, and quarter lemon
2. Toss potatoes on baking sheet, drizzle with olive oil, season with salt/pepper, roast potatoes for 20-25 minutes
3. Once potatoes have cooked for 10 minutes, toss green beans on a separate baking sheet, drizzle with Olive Oil, season with salt/pepper – place in oven for 10 minutes
4. Rinse & pat pork dry with paper towels, season with a pinch of salt, add steak season
5. Heat a drizzle of oil in a large pan over med-high heat, cook pork until browned and cooked through (about 4-6 min per side) – set pork aside on plate
6. Using the same pan (you can wipe it down first – I prefer to use the pork juices that remain in the pan), add a drizzle of olive oil, add onion – cook, stirring until soft & brown
7. Stir in beef stock, 1/3 cup water, bring to a simmer, and cook until slightly reduced
8. Remove from heat after 2-3 min of reduction, stir in sour cream until combined add pepper
9. Toss green beans with lemon zest, divide pork, potatoes, and green beans, spoon pan sauce over pork – serve with lemon wedges on side