



Spanish Style Pork Chops with Chorizo and Roasted Red Pepper Sauce and Green Beans

READY IN



30 min.

SERVINGS



4

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 servings almonds in butter toasted sliced
- ☐ 3 cups chicken stock see
- ☐ 0.3 pound chorizo finely chopped
- ☐ 4 servings top
- ☐ 0.3 cup cooking wine dry white dry
- ☐ 1 Handful flat-leaf parsley finely chopped
- ☐ 0.5 cup flat-leaf parsley generous

- ☐ 1 pound green beans fresh trimmed
- ☐ 2 cloves garlic chopped
- ☐ 1 optional: lemon
- ☐ 1 cup manchego cheese grated
- ☐ 2 tablespoons olive oil extra-virgin for drizzling
- ☐ 4 large center-cut pork chops boneless thick
- ☐ 16 ounce roasted peppers red drained
- ☐ 4 servings salt and pepper
- ☐ 0.5 tablespoon paprika smoked sweet
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 1.5 cups rice white
- ☐ 1 small onion yellow chopped

Equipment

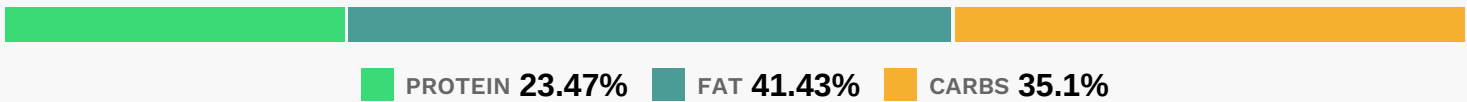
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Heat a large skillet over medium-high to high heat.
- ☐ Add extra-virgin olive oil, 2 turns of the pan. Season the chops with paprika, salt, and pepper.
- ☐ Place chops in skillet and sear meat to caramelize, about 2 minutes each side.
- ☐ Transfer the chops to a cookie sheet and place in the oven to finish off, 8 to 10 minutes, or until meat is firm to touch, but not tough.

- ☐ Remove from the oven and let the chops rest covered with a piece of aluminum foil for a few minutes.
- ☐ While the chops are in the oven, return the skillet to the cook top over medium heat.
- ☐ Add the diced chorizo and cook stirring frequently for 2 minutes.
- ☐ Add the garlic, onion, thyme, salt, and pepper. Cook meat and onions for about 3 minutes.
- ☐ Bring 1 to 2 inches of water to a boil in another skillet with a lid.
- ☐ Grind the peppers and parsley in a food processor until smooth.
- ☐ Add the sherry or wine to the sausage and onions and stir, then stir in the ground peppers. Cook another minute or 2 or until the peppers are heated through.
- ☐ Place green beans in boiling water. Salt it and cook 2 to 3 minutes.
- ☐ Drain and dress with a squeeze of lemon, a drizzle of extra-virgin olive oil and salt and pepper.
- ☐ Place a chop on each dinner plate and top with the chorizo-roasted pepper sauce.
- ☐ Serve with green beans, garnished with Marcona or toasted almonds, Cheesy Rice and/or crusty bread, for plate-mopping.
- ☐ Melt butter over medium heat in a medium sauce pot.
- ☐ Add rice and toast in butter 2 minutes.
- ☐ Add stock and bring rice up to a boil. Cook rice 17 to 18 minutes until tender and liquids are absorbed.
- ☐ Remove from heat, fluff rice with fork, then stir in the parsley and cheese. Season the rice with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:124.3, Glycemic Load:37.22, Inflammation Score:-10, Nutrition Score:46.01999976324%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 5.77mg,

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 18.37mg, Apigenin: 18.37mg, Apigenin: 18.37mg, Apigenin: 18.37mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 940.71kcal (47.04%), Fat: 42.69g (65.68%), Saturated Fat: 18.35g (114.7%), Carbohydrates: 81.36g (27.12%), Net Carbohydrates: 73.97g (26.9%), Sugar: 8.46g (9.4%), Cholesterol: 158.18mg (52.73%), Sodium: 2308.9mg (100.39%), Alcohol: 1.54g (100%), Alcohol %: 0.26% (100%), Protein: 54.41g (108.82%), Vitamin K: 194.16µg (184.91%), Vitamin C: 97.11mg (117.71%), Selenium: 60.69µg (86.71%), Vitamin B6: 1.66mg (83.1%), Vitamin B3: 16.51mg (82.53%), Vitamin B1: 1.17mg (77.99%), Manganese: 1.35mg (67.5%), Vitamin A: 3051.02IU (61.02%), Phosphorus: 528.45mg (52.85%), Calcium: 465.94mg (46.59%), Potassium: 1340.9mg (38.31%), Vitamin B2: 0.65mg (38.02%), Iron: 5.63mg (31.25%), Copper: 0.61mg (30.65%), Fiber: 7.39g (29.55%), Magnesium: 117.76mg (29.44%), Zinc: 3.85mg (25.68%), Folate: 92.62µg (23.16%), Vitamin B5: 2.14mg (21.43%), Vitamin E: 2.56mg (17.08%), Vitamin B12: 0.72µg (12.03%), Vitamin D: 0.54µg (3.57%)