

Pork Chops in Dijon Mustard Cream Sauce

by Matt Rich

These juicy seared pork chops are simmered in a Dijon cream sauce infused with fresh rosemary, then finished with a bright panko gremolata of parsley, garlic, and lemon zest for a rich, vibrant dinner.

4 servings · 580 cal/serving

38g protein · 11g carbs · 42g fat

dinner

pork

main course

Ingredients

- 4 (1 inch thick) bone-in pork chops
- salt and freshly ground black pepper
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- 2 tablespoon unsalted butter
- 1 shallot, finely diced
- 3 clove garlic, minced
- 1 1/2 teaspoon chopped fresh rosemary
- 1/2 cup chicken bone broth
- 3/4 cup heavy cream
- 2 tablespoon dijon mustard
- 1/4 cup grated parmesan (optional)
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1/4 cup chopped parsley
- 1 teaspoon lemon zest
- 1 small garlic clove, finely grated
- 1/2 cup panko
- 1 tablespoon unsalted butter
- 1 pinch salt

Steps

1. Pat pork chops dry. Season both sides with salt, pepper, and garlic powder.
2. Heat olive oil in a large skillet over medium-high heat. Do not overcrowd the pan. Sear pork chops until golden, 3 to 4 minutes per side. Transfer to a plate.
3. Reduce heat to medium. Add butter and shallots. Cook until softened, about 2 minutes. Add garlic and rosemary. Cook until fragrant, about 30 seconds.

4. Pour in chicken bone broth and scrape up browned bits. Stir in cream and Dijon mustard. Simmer until slightly thickened, 3 to 4 minutes. Stir in Parmesan, lemon zest, and lemon juice.
5. Return pork chops and juices to the skillet. Simmer gently until pork is no longer pink at the center, 5 to 7 minutes. An instant read thermometer inserted near the center of chops should reach 145 degrees F (63 degrees C).
6. For gremolata, stir parsley, garlic, and lemon zest together in a small bowl.
7. For panko topping, sprinkle panko with salt, toast panko in butter in a skillet over medium heat until golden brown, about 3 minutes.
8. To serve, top pork chops with cream sauce, gremolata, and toasted panko just before serving.