BRITISH · DINNER

Pork Chops with Creamy Wholegrain Mustard Sauce

15 min · Serves 4 · 412 kcal a serve · Video 3:23 · Kitchen Sanctuary

Nut-free

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Seared pork chops in a creamy wholegrain-mustard pan sauce: about 31 g protein and under 2 g net carbs a serve, two-thirds of the energy from fat, and rich in selenium and vitamins B6 and B12.

Diet notes: Keto (1.7 g net carbs a serve); Gluten-free with a swap: Check the stock and Worcestershire sauce are gluten-free.

Ingredients

10 · SERVES 4

- [ ] 4 **bone-in pork chops**, thick-cut
- [ ] ½ tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] 1½ tbsp sunflower (or other neutral) oil
- [ ] 240 ml **chicken stock**
- [ ] 1 heaped tbsp **wholegrain mustard**
- [ ] 120 ml double (heavy) cream
- [ ] 1 dash (about ⅛ tsp) **Worcestershire sauce**
- [ ] 2 tbsp **freshly chopped parsley**, to serve
- [ ] **freshly ground black pepper**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 175 °C. Season the chops on both sides with the salt and pepper. 0:27
2. Heat the oil in a large frying pan over high heat and sear the chops about 3 minutes a side until golden. Move them to a baking tray and finish in the oven for 5–6 minutes, until no longer pink in the middle. 1:00
3. Meanwhile turn the pan down to medium, pour in the stock and let it bubble for 3–4 minutes, stirring to lift the browned bits. 2:01
4. Stir in the mustard, then the cream and Worcestershire sauce. Bring to the boil and simmer gently for about 5 minutes until slightly thickened. 2:15
5. Rest the pork for 3–4 minutes, then plate it, pour over the sauce and finish with parsley and black pepper. 2:37

> **Tip** Nutrition assumes an average chop (about 110 g cooked meat each). Thinner pork steaks need 2–3 minutes less. The cook serves it with potatoes and green beans — keep the beans for keto.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
412 kcal	**31 g**	**2 g**	**0.3 g**	**31 g**	**580 mg**
1,720 kJ	63% of a day	1.7 g net · 1.2 g sugars	1% of a day	12 g saturated	25% of a day
		1% of a day		39% of a day	

Energy from net carbs 2% · protein 30% · fat 68% — fits keto: 1.7 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Selenium 86% · Vitamin B6 40% · Omega-3 38% · Vitamin B12 35% · Vitamin K 32% · Zinc 26%

Source of (10–19%) Vitamin A 15% · Potassium 11% · Vitamin E 10%

Recipe and video: Kitchen Sanctuary (@Kitchensanctuary) on YouTube — youtube.com/watch?v=4HwwWte7tgI, published 1 November 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pork-chops-creamy-wholegrain-mustard