JANE SMITH LIFESTYLE

Honey Mustard Pork Chops with Roasted Vegetables

Prep: 15 minutes | Cook: 30 minutes | Serves: 4



This is a dinner I turn to when I want something satisfying without spending all evening in the kitchen — built around bone-in pork chops and dijon mustard.

Ingredients

- 4 bone-in pork chops
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 2 tbsp olive oil
- 1 lb baby potatoes
- 2 carrots, sliced
- 1 zucchini, sliced
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- Salt
- Black pepper
- Fresh thyme
- Fresh parsley

Directions

1. Preheat oven to 400°F.
2. Mix Dijon, honey, garlic, and seasoning.
3. Brush pork chops generously.

4. Toss vegetables with olive oil, salt, and pepper.
5. Arrange everything on a sheet pan.
6. Roast 25–30 minutes until pork reaches 145°F.
7. Rest pork 5 minutes.
8. Garnish with parsley and thyme.

Jane's Note

Want to switch it up? Use chicken thighs.

Can I make this ahead? Prepare vegetables and glaze one day ahead. Can I keep leftovers? Refrigerate for up to 4 days.

Storage: Refrigerate for up to 4 days.

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