



### 1. Prep the potatoes and Swiss chard

- Preheat oven to **425° F**
- Place the **sweet potatoes** on a plate and wrap tightly with **plastic wrap**.
- Cook in microwave for about 8 to 10 minutes or until soft.
- Rough chop **rainbow Swiss chard** and stems into medium bite size pieces.



### 2. Sear the pork

- Meanwhile, remove **pork** from packaging and pat dry with paper towels. Season each **pork loin** with a pinch each of **salt** and **pepper** on both sides.
- Heat a medium ovenproof sauté pan over **medium-high heat** with 1 tablespoon oil.
- Once hot, carefully add pork to pan and sear on one side for about 2 to 3 minutes. Turn pork over and cook for an additional 2 to 3 minutes.
- Place the pan in the oven and **roast** for an additional 3 minutes for **medium**. Transfer pork from pan to a plate and keep the pan on the stove. (USDA recommends cooking pork to a minimum 145°F)



### 3. Make the veggies

- Heat pan with 1 teaspoon oil over **medium-high heat**.
- Add **rainbow Swiss chard** with a pinch each of **salt** and **pepper**. Sauté until Swiss chard wilts but do not overcook.
- Remove **sweet potatoes** from microwave. Using your fingers, peel the skin away from the potatoes and discard skin. Add the potatoes to a medium bowl.
- Add **butter, sugar, cinnamon, nutmeg** and a pinch each of salt and pepper to the potatoes. Using a whisk or potato masher, smash the potatoes until well combined.



### 4. Serve & Enjoy

- Place the **sweet potato mash** on one side of the plate. Place the **rainbow Swiss chard** next to the sweet potato.
- Slice each **pork chop** into even slices, about 1/2-inch thick. Fan the pork over the sweet potato mash.
- Drizzle the **smoked maple mustard sauce** over the pork.
- Enjoy!

# CHEF'D

## Smoky Maple Pork Loin

*with Rainbow Swiss Chard and  
Mashed Sweet Potatoes*

### INGREDIENTS:

- 2 Sweet potatoes
- 6 oz **Rainbow** Swiss chard
- 2 Pork loin chops (6 oz)
- 2 Butter pats
- 1 tbsp Brown sugar
- ¼ tsp Ground cinnamon
- ¼ tsp Ground nutmeg
- ½ cup Smoked maple mustard sauce

### TOOLS:

- Microwave safe plate
- Microwave
- **Medium** ovenproof sauté pan
- Medium bowl
- Whisk or potato masher

### PANTRY:

- Olive oil
- Salt
- Black pepper
- Plastic wrap

### CHEF NOTES:

There may be extra of some ingredients. Rinse and pat dry produce prior to use. Recommendations for salt and pepper are optional. Please season to taste.

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