



FRENCH ONION PORK CHOPS

Creamy pan sauce, sautéed cremini mushrooms & kale

COOK TIME	SERVINGS	CALORIES PER SERVING	NET CARBS PER SERVING	MENU
30 MIN	2	750	11 GRAMS	KETO // GLUTEN-FREE

We're wild about the melty blanket of cheese that tops traditional French onion soup, so our chefs brilliantly recreated the effect for this hearty keto pork dinner. Here, boneless pork chops are pan-seared, sprinkled with Swiss cheese, then finished in the oven. They're served over a creamy mushroom pan sauce with a hearty side of sautéed creminis and Lacinato kale.

INGREDIENTS (8 ITEMS)

2 (6 oz)	Boneless pork chops
¾ tsp	Garlic, thyme & paprika
2 oz	Swiss cheese <small>M</small>
4 ¼ oz	Cremini mushrooms
3 ½ oz	Lacinato kale
2 ½ oz	Yellow onions
1 oz	Cream cheese <small>M</small>
3 oz	Seasoned mushroom broth <small>T</small>

WHAT YOU'LL NEED

2 large sauté pans
baking sheet
measuring spoons
whisk
thermometer
oven mitt
cooking oil
1 tbsp butter M
salt & pepper

ALLERGENS

- M MILK
- T TREE NUTS (coconut)

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GF Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 400 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Remove thick center stems from **Lacinato kale**. Slice **stems** into pieces, about ¼ inch each. Roll **leaves** into a large “cigar” and slice across into ribbons, about ¼ inch wide.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & SEAR PORK

- Pat **boneless pork chops** dry with paper towels. Place **pork** on a plate. Season with **garlic, thyme, and paprika**, salt, and pepper. Drizzle with about 1 ½ tablespoons cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear about 3 minutes on each side.

3 ROAST PORK

- Transfer **pork** to a lightly oiled, foil-lined baking sheet. Sprinkle **Swiss cheese** over pork. Transfer baking sheet to oven. Roast 2–3 minutes, or until cheese is melted and pork is fully cooked.*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

*Pork is fully cooked when internal temperature reaches 145 degrees.

4 COOK MUSHROOMS & KALE

- Heat 1 tablespoon butter and about 1 ½ tablespoons cooking oil in a second large sauté pan over medium heat. Add **mushrooms, kale stems, and yellow onions** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3–4 minutes, or until onions are translucent and mushrooms are golden brown, stirring occasionally.
- Add **kale leaves**. Stir to combine. Cook 2–3 minutes, or until leaves are wilted, stirring occasionally.

5 MAKE PAN SAUCE

- Return pan used for pork to stovetop over medium-low heat. Add **seasoned mushroom broth**. Cook about 2 minutes, or until liquid slightly reduces, stirring occasionally.*
- Remove from heat. Add **cream cheese**. Whisk until cream cheese is incorporated.

*Be sure to scrape up any browned bits in the bottom of the pan as you stir — those unassuming specks are full of concentrated flavor and will add additional richness to your pan sauce.

6 PLATE YOUR DISH

- Cut **pork** into 6–8 slices each.
- Make a pool of **creamy pan sauce** on one side of each plate. Fan **French onion pork chops** over top. Serve **sautéed mushrooms and kale** next to pork. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (425g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 720mg	31%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 49g	
Vitamin D 0mcg	0%
Calcium 404mg	30%
Iron 3mg	15%
Potassium 533mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Boneless pork chops, Seasoned mushroom broth (cocnout aminos [organic coconut tree sap aged and blended with sun-dried, mineral-rich sea salt], mushroom broth [Water, mushrooms, sea salt, garlic], apple cider vinegar [raw and unfiltered organic apple cider vinegar], dijon mustard [grain vinegar, water, mustard seed, salt, spices]), **Garlic, thyme & paprika** (dried thyme, granulated garlic, sweet paprika), **Swiss cheese** (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Anti-caking agent (potato starch, powdered cellulose, natamycin)), **Cremini mushrooms, Yellow onions, Cream cheese** (Cultured Pasteurized Skim Milk and Cream, Whey Protein, Milk Proteins, less than 2% Salt, Inulin (natural dietary fiber), Natural Acids, Xanthan, Locust Bean and Guar Gums, Potassium Sorbate (maintains freshness).), **Lacinato kale**

Allergen information:

Contains Milk And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.