



**GREEN
CHEF**

BROWN BUTTER PORK CHOPS

Mashed potato, maple-glazed apple and carrots, toasted pecans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

940

MENU

GLUTEN-FREE

Simmering butter over steady heat turns it a deep golden-brown and brings out its rich, nutty notes. In tonight's delectable dish, we've used this simple technique to add layers of decadent flavor to roasted sage-seasoned pork chops, which are served on a bed of creamy mashed potato. A side of maple-glazed apple and carrots completes the comforting, winter-worthy meal.

INGREDIENTS (9 ITEMS)

2 (6 oz) **Boneless pork chops**
 1 ¼ tsp **Sage, ginger & garlic blend**
 1 whole **Russet potato**
 1 whole **Gala apple**
 8 ½ oz **Carrots**
 1 whole **Red onion**
 1 oz **Maple syrup**
 1 ¼ tsp **Garlic, paprika & herb blend**
 ½ oz **Pecans** ^T

WHAT YOU'LL NEED

medium pot
 medium sauté pan
 2 baking sheets
 medium bowl
 measuring cup & spoons
 whisk
 strainer
 potato masher
 thermometer
 oven mitt
 cooking oil
 4 tbsp butter ^M
 salt & pepper

ALLERGENS

^T TREE NUTS (pecans)
^M MILK



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



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.
- Medium dice **russet potato** into pieces, about ½ inch each.
- Stand **Gala apple** upright and cut off sides around core; discard core. Large dice into pieces, about ¾ inch each.
- Cut ends off **red onion*** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

4 COOKING FOR

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 COOK & MASH POTATO

- Place **potato** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork tender. Reserve about ¼ cup cooking water. Strain **potato**; shake off excess water. Return to pot.
- Mash **potato** with a potato masher (or fork) until mostly smooth.* Add 2 tablespoons butter. Salt and pepper to taste. Stir to combine.

**If the mashed potato is too thick, add reserved cooking water a tablespoon at a time until the desired consistency is reached.*

3 ROAST APPLE, CARROTS & ONION

- Place **apple, carrots, and onion** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **garlic, paprika, and herb blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **apple, carrots, and onion** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until mostly tender, stirring halfway through.
- Drizzle **maple syrup** over **apple, carrots, and onion**. Stir to coat. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 5-6 minutes, or until fork tender.

4 TOAST NUTS

- Place **pecans** in a dry medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a cutting board. Roughly chop cooled **pecans** if necessary.

5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **sage, ginger, and garlic blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in pan used for pecans over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes on each side.
- Transfer **pork** to a second lightly oiled, foil-lined baking sheet. Roast 5-7 minutes, or until pork is fully cooked. (Pork is fully cooked when internal temperature reaches 145 degrees.)
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

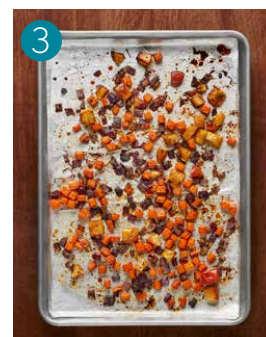
6 BROWN BUTTER

- Place 2 tablespoons butter in pan used for pork over medium-low heat. Cook 1-2 minutes, or until butter is fragrant and begins to brown, whisking continuously.* Lightly season with salt.

**Keep an eye on the butter while it cooks to prevent it from burning.*

7 PLATE YOUR DISH

- Cut **pork** into 5-7 pieces each.
- Divide **mashed potato** between plates. Fan **roasted pork chops** over top. Spoon **brown butter** over pork. Pile **maple-glazed apple and carrots** on the side. Garnish with **toasted pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (678g)

Amount per serving

Calories 940

	% Daily Value*
Total Fat 53g	68%
Saturated Fat 20g	100%
Trans Fat 1g	
Cholesterol 160mg	53%
Sodium 230mg	10%
Total Carbohydrate 76g	28%
Dietary Fiber 10g	36%
Total Sugars 24g	
Includes 8g Added Sugars	16%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 4mg	20%
Potassium 1552mg	35%

* 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:
Pork Chops, Gala Apple, Carrots, Red Onion, Russet Potatoes, Pecans [pecans, canola oil], Maple Syrup [organic pure maple syrup], Garlic, Paprika & Herb Blend (Granulated Garlic, Sweet Paprika, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)], Dried Parsley, Onion Powder), Sage, Ginger & Garlic Blend (Dried Sage, Dried Ginger, Granulated Garlic)

Allergen information:
Contains 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.