



**GREEN  
CHEF**

## PORK CHOPS WITH GLAZED CARROTS

*roasted broccoli, almonds, Dijon cider dressing*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

740

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Garlic and herbs are the perfect aromatic match, and our custom blend of these classic seasonings forms a deeply flavorful crust on tonight's pan-seared pork chops. For a tangy finishing touch, the savory pork is drizzled in a vibrant Dijon cider dressing. Agave-glazed carrots with almonds, plus a side of roasted broccoli, round out the meal.

### INGREDIENTS (7 ITEMS)

6 oz **Broccoli**  
2 whole **Carrots**  
2 (6 oz) **Boneless pork chops\***  
¾ tsp **Garlic-herb seasoning**  
¾ oz **Agave**  
½ oz **Sliced almonds** T  
1½ oz **Dijon cider dressing**

### WHAT YOU'LL NEED

medium & large sauté pans  
baking sheet  
medium bowl  
measuring cup & spoons  
peeler  
thermometer  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (almonds)



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 Safe Spot Program.

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

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

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 [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Preheat oven to 425 degrees.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into sticks, about ½ inch thick.

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 &amp; ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **broccoli** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14–16 minutes, or until broccoli is fork-tender, stirring halfway through.

## 3 START CARROTS

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **carrots** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until carrots begin to brown, stirring occasionally.
- Reduce heat to medium. Add about ½ cup water. Simmer 5–8 minutes, or until carrots are mostly tender and liquid is mostly cooked off, stirring occasionally. (You'll finish the carrots in Step 5.)

## 4 SEASON &amp; COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **garlic-herb seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear 4–6 minutes on each side, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

## 5 FINISH CARROTS

- Add **agave** and **sliced almonds** to pan with **carrots**. Stir to combine. Cook 3–4 minutes, or until carrots are fork-tender and evenly glazed, stirring occasionally.

## 6 PLATE YOUR DISH

- Cut **pork** into 5–7 slices each.
- Divide **garlic-herb pork chops** between plates. Drizzle with **Dijon cider dressing** to taste. Serve **glazed carrots with almonds** and **roasted broccoli** next to pork. Enjoy!





# Nutrition Facts

2 Servings per container

Serving size (425g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 920mg	40%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 8g Added Sugars	16%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 3mg	15%
Potassium 655mg	15%

\* 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** [pork], **Broccoli**, **Garlic-Herb Seasoning** (Ground Rosemary, Granulated Garlic, Black Pepper, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme]), **Dijon Cider Dressing** (Apple Cider Vinegar [apple cider vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Carrots**, **Agave** [organic agave syrup], **Almonds** [almonds]

**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.