



**GREEN
CHEF**

PORK CHOPS WITH APRICOT PAN SAUCE

Herb-seasoned stuffing & roasted green beans

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

960

Tonight's crave-worthy apricot pan sauce has extra rich, savory notes thanks to a secret ingredient: fond. These flavorful browned bits are what's left in the pan after searing your pork chops, and we deglaze them with apricot jam, mushroom stock, and a knob of butter to make the luscious sauce. It's poured over the pork and a cushion of herb-seasoned stuffing for a satisfying touch of sweetness. Crisp-tender green beans round out the meal.

INGREDIENTS (9 ITEMS)

2 (6 oz) **Boneless pork chops**
 1 ½ oz **Apricot jam**
 1 whole **Multigrain mini loaf** ^W
 1 ¼ tsp **Rosemary, basil & sage blend**
 4 oz **Carrots**
 1 ¾ oz **Celery**
 1 whole **Shallot**
 6 oz **Green beans**
 1 whole **Mushroom stock concentrate**

WHAT YOU'LL NEED

medium & large sauté pans
 baking sheet
 measuring cup & spoons
 thermometer
 oven mitt
 cooking oil
 3 tbsp butter ^M
 salt & pepper

ALLERGENS

^W WHEAT

^M MILK



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

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 425 degrees.
- Trim stem ends off **green beans**. Halve widthwise.
- Medium dice **multigrain mini loaf** into pieces, about ½ inch each.*
- Slice **celery** across into pieces, about ¼ inch each.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

**Using a serrated knife will allow you to cut the bread into more uniform pieces.*

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 & ROAST GREEN BEANS

- Place **green beans** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 8-10 minutes, or until green beans are fork tender, stirring halfway through.

3 TOAST BREAD

- Heat 2 tablespoons butter and about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bread** to hot pan. Cook 5-6 minutes, or until bread is crisp and golden brown, stirring occasionally. Transfer **bread** to a plate. Carefully wipe out pan.

4 MAKE STUFFING

- Heat about 1 ½ tablespoons cooking oil in pan used for bread over medium-high heat. Add **carrots, celery, and shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-6 minutes, or until veggies are tender, stirring occasionally.
- Transfer **bread** to pan. Add about ¼ cup water. Season with **rosemary, basil, and sage blend**. Cook 1-2 minutes, or until warmed through, stirring frequently. Salt and pepper to taste. Stir to combine.

5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-4 minutes on each side, or until pork is fully cooked.*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

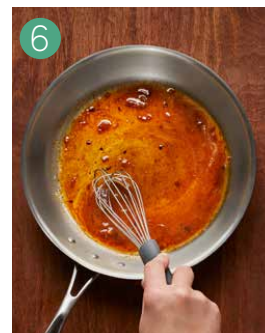
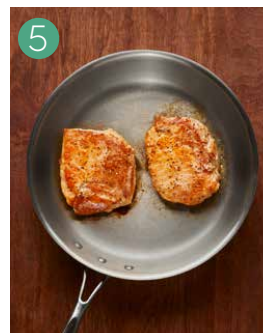
**Pork is fully cooked when internal temperature reaches 145 degrees.*

6 MAKE PAN SAUCE

- Return pan used for pork to stovetop over medium heat. Add **apricot jam**, about ¼ cup water, and **mushroom stock concentrate** to hot pan. Bring to a simmer. Cook 2-3 minutes, or until sauce slightly thickens, stirring frequently.
- Remove from heat. Add 1 tablespoon butter. Stir until butter melts.

7 PLATE YOUR DISH

- Cut **pork** into 5-6 slices each.
- Divide **herb-seasoned stuffing** between plates. Shingle **pork chops** against stuffing. Spoon **apricot pan sauce** over pork. Pile **green beans** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (501g)

Amount per serving

Calories **960**

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 1280mg	56%
Total Carbohydrate 60g	22%
Dietary Fiber 8g	29%
Total Sugars 21g	
Includes 1g Added Sugars	2%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 4mg	20%
Potassium 664mg	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], **Green Beans**, **Shallot**, **Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monoglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes], **Celery**, **Carrots**, **Rosemary**, **Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Apricot Jam** [organic apricots, organic cane sugar, pectin solution (water, apple pectin), ascorbic acid (vitamin c), citric acid], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum]

Allergen information:

Contains Wheat And Soy

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.

