



**GREEN
CHEF**

PORK CHOPS WITH SHALLOT SAUCE

Brown sugar, garlic mashed potato, roasted broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

GLUTEN-FREE

Is there a more comforting combination than meat and potatoes? Tonight we add extra richness to this classic pairing with a creamy shallot sauce, spooned over brown sugar-seasoned pork chops, pan-seared to form a caramelized crust. A whole clove of garlic is added to the mashed potato, mellowing its raw bite into something sweet and luscious. A pat of butter over top makes this the ultimate crave-worthy plate.

INGREDIENTS (8 ITEMS)

2 (6 oz) **Boneless pork chops**
 ½ tsp **Brown sugar steak seasoning**
 1 whole **Russet potato**
 ¼ oz **Garlic**
 6 oz **Broccoli**
 1 whole **Shallot**
 1 oz **Cream cheese** M
 1 whole **Vegetable stock concentrate**

WHAT YOU'LL NEED

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

ALLERGENS

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 [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.
- Peel **russet potato** if desired. Medium dice into pieces, about ½ inch each.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.

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 BOIL POTATO

- Place **potato** and one **garlic clove** (reserve remaining garlic clove for another use) in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until potato is fork tender.
- Reserve about ¼ cup cooking water. Strain **potato and garlic**; shake off excess water. Return to pot.

3 SEASON & ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with about 1 ½ 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 fork tender, stirring halfway through.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **brown sugar steak seasoning**, salt, and pepper.
- Heat about 1 ½ 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. Carefully wipe out pan.

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

5 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for pork over medium-low heat. Add **shallot** to pan. Cook 2-3 minutes, or until softened, stirring occasionally.
- Add **vegetable stock concentrate** and ¼ cup water. Stir to dissolve.* Cook 2-3 minutes, or until liquid is slightly reduced, stirring occasionally.
- Remove from heat. Add **cream cheese**. Season with pepper to taste. Stir 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 sauce.*

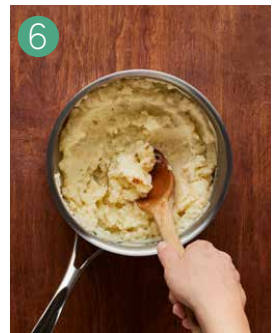
6 FINISH POTATO

- Mash **potato and garlic** with a potato masher (or fork) into a smooth consistency.* Add 2 tablespoons butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

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

7 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **garlicky mashed potato** between plates. Top with **brown sugar pork**. Spoon **creamy shallot sauce** over pork. Serve **roasted broccoli** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (487g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1090mg	47%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 205mg	15%
Iron 4mg	20%
Potassium 1081mg	25%

* 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], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **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)], **Shallot, Garlic, Russet Potatoes, Broccoli, Brown Sugar Steak Seasoning** (Sweet Paprika, Brown Sugar [organic raw cane sugar, organic molasses], Dried Orange Peel, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Sea Salt, Black Pepper)

Allergen information:

Contains Milk

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.