



**GREEN
CHEF**

PORK CHOPS WITH TRUFFLE SAUCE

roasted rainbow carrots, cremini mushrooms, chives

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

610

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE

This dish proves that delicious doesn't also have to mean complicated—quite the opposite, in fact. With just six ingredients and 25 minutes on the clock, you'll create a restaurant-worthy meal that's sure to wow. Pork chops are pan-seared to a juicy finish, then topped with a rich and savory truffle sauce studded with cremini mushrooms. That's served alongside tender roasted rainbow carrots and showered with chives. Pro-tip: Be sure to dunk the carrots into the truffle sauce for a flavor sensation!

INGREDIENTS (6 ITEMS)

3 whole **Rainbow carrots**
4 oz **Cremini mushrooms**
⅛ oz **Chives**
2 (6 oz) **Boneless pork chops***
2 oz **Cream cheese** M
½ tsp **Truffle zest**

WHAT YOU'LL NEED

large sauté pan
baking sheet
medium bowl
measuring cup & spoons
peeler
thermometer
oven mitt
cooking oil
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 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 tops off **rainbow carrots*** and peel. Slice across at an angle into rounds, about ½ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Mince **chives**.

**The ingredient you received may be a different color.*

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 CARROTS

- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to evenly coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast about 18-20 minutes, or until fork-tender, flipping halfway through.

3

SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season both sides with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large 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 cutting board. Let rest at least 3 minutes.

4

MAKE SAUCE

- If needed, heat about 1½ tablespoons cooking oil in pan used for pork over medium-high heat. Add **mushrooms** to hot pan. Season with salt and pepper. Cook 3-5 minutes, or until mushrooms soften, stirring occasionally.
- Add **cream cheese**, about ¼ cup water, and about ¼ teaspoon **truffle zest*** (reserve remaining zest for another use). Stir to incorporate. Remove from heat.

**Truffle zest has an intensely rich, earthy flavor. We recommend using half the zest in this recipe, but feel free to add more to your taste.*

5

PLATE YOUR DISH

- Cut **pork** into 5-7 slices.
- Divide **roasted rainbow carrots** between plates. Spoon **creamy truffle mushroom sauce** on the opposite of the plate. Shingle **pork chops** over sauce. Garnish plate with **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (432g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 660mg	29%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 224mg	15%
Iron 2mg	10%
Potassium 773mg	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], **Cremini Mushrooms**, **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **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)], **Rainbow Carrots**, **Chives**

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.