



**GREEN  
CHEF**

## PORK CHOPS WITH TRUFFLE CREAM SAUCE

*caramelized onion, Parmesan green beans with almonds*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

680

### NET CARBS PER SERVING

13 GRAMS

### MENU

KETO // GLUTEN-FREE

Truffle zest makes just about any meal feel extra-decadent. This one is no exception. Here, the umami-packed powder dresses up a cream sauce with sweet caramelized onion, forming a luscious and delicious bed for juicy pork chops. On the side, there are green beans sautéed with garlic and almonds, then sprinkled with Parmesan cheese. All together, this makes one full, fancy plate.

### INGREDIENTS (9 ITEMS)

6 oz	<b>Green beans</b>
¼ oz	<b>Garlic</b>
1 whole	<b>Yellow onion</b>
2 (5 oz)	<b>Boneless pork chops*</b>
1 tsp	<b>Oregano-garlic seasoning</b>
½ oz	<b>Sliced almonds</b> <small>T</small>
1 oz	<b>Parmesan cheese</b> <small>M</small>
2 oz	<b>Cream cheese</b> <small>M</small>
¾ tsp	<b>Truffle zest</b>

### WHAT YOU'LL NEED

2 medium sauté pans  
baking sheet  
measuring cup & spoons  
thermometer  
oven mitt  
cooking oil  
1 tbsp butter M  
salt & pepper

### ALLERGENS

T TREE NUTS (almonds)  
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 400 degrees.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.
- Mince **garlic**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ 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; COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season all over with **oregano-garlic seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear 2-3 minutes on each side.
- Transfer **pork** to a lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 6-8 minutes, or until fully cooked.

## 3 COOK GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a second medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until tender, stirring occasionally.
- Add **garlic** and **almonds**. Cook 1-2 minutes, or until garlic is fragrant.
- Add 1 tablespoon butter. Stir until butter has melted.
- Sprinkle **Parmesan cheese** over pan. Remove from heat.

## 4 COOK ONION &amp; MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for pork over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Reduce heat to medium low. Add about 2 tablespoons water. Cook 5-6 minutes, or until onion is caramelized, stirring occasionally.
- Add about ¼ cup water, **cream cheese**, and **truffle zest** to taste. Stir until cream cheese is incorporated. Remove from heat.

## 5 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **truffle cream sauce** between one side of each plate. Shingle **pork** over top. Serve **Parmesan green beans with almonds** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (352g)

**Amount per serving**

**Calories** **680**

	% Daily Value*
<b>Total Fat</b> 52g	67%
Saturated Fat 15g	75%
Trans Fat 0g	
<b>Cholesterol</b> 105mg	35%
<b>Sodium</b> 970mg	42%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 42g	
Vitamin D 0mcg	0%
Calcium 312mg	25%
Iron 3mg	15%
Potassium 800mg	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:

**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)], **Yellow Onion**, **Green Beans**, **Garlic**, **Almonds** [almonds], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Pork Chops** [pork cutlets that contains up to 12% of a solution of pork broth, salt and natural flavoring]

### Allergen information:

Contains Milk And 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.*