



**GREEN
CHEF**

FRENCH ONION PORK CHOPS

creamy pan sauce, sautéed cremini mushrooms & kale

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

690

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE

Blanketed in melty Swiss and crowned with a creamy, savory pan sauce, tonight's pork chops might just remind you of your very favorite bistro appetizer. Our chefs were inspired by the rustic, soul-warming decadence of French onion soup (minus the bread). Pork chops are paired with sautéed creminis, kale, and, of course, onion, for a fork-and-knife feast fit for a weeknight, date night, or any night, really!

INGREDIENTS (8 ITEMS)

4 oz **Cremini mushrooms**
 3½ oz **Lacinato kale**
 1 whole **Yellow onion**
 2 (5 oz) **Boneless pork chops***
 ¾ tsp **Garlic, thyme & paprika**
 2 oz **Swiss cheese** M
 3 oz **Seasoned mushroom broth** T
 1 oz **Cream cheese** M

WHAT YOU'LL NEED

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

ALLERGENS

M MILK
T TREE NUTS (coconut)



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.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Remove thick center stems from **lacinato kale**. Slice **stems** into pieces, about ¼ inch each. Roll **leaves** into a large “cigar” and slice across into ribbons, about ¼ inch wide.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ 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 SEASON & SEAR PORK

- Pat **boneless pork chops** dry with paper towels. Place **pork** on a plate. Season with **garlic, thyme, and paprika**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear about 3 minutes on each side, or until lightly browned.

3 ROAST PORK

- Transfer **pork** to a lightly oiled, foil-lined baking sheet (reserve pan for step 5). Sprinkle **Swiss cheese** over **pork**. Roast 2–3 minutes, or until cheese melts and pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

4 COOK MUSHROOMS & KALE

- Heat 1 tablespoon butter and about 1½ tablespoons cooking oil in a second large sauté pan over medium heat. Add **mushrooms, kale stems, and onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3–4 minutes, or until onion is translucent and mushrooms are golden brown, stirring occasionally.
- Add **kale leaves**. Cook 2–3 minutes, or until leaves have wilted, stirring occasionally.

5 MAKE PAN SAUCE

- Return pan used for pork to stovetop over medium-low heat. Add **seasoned mushroom broth**. Cook about 2 minutes, or until liquid has slightly reduced, stirring occasionally.*
- Remove from heat. Add **cream cheese**. Whisk until cream cheese is incorporated.

**Be sure to scrape up any browned bits on the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your pan sauce.*

6 PLATE YOUR DISH

- Cut **pork chops** into 6–8 slices each.
- Make a pool of **creamy pan sauce** on one side of each plate. Fan **French onion pork chops** over top. Serve **sautéed mushrooms and kale** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (402g)

Amount per serving

Calories 690

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 16g	80%
Trans Fat 0.5g	
Cholesterol 110mg	37%
Sodium 1030mg	45%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 333mg	25%
Iron 4mg	20%
Potassium 970mg	20%

* 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 cutlets that contains up to 12% of a solution of pork broth, salt and natural flavoring], **Seasoned Mushroom Broth** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Garlic, Thyme & Paprika** (Dried Thyme, Granulated Garlic, Sweet Paprika), **Swiss Cheese** [pasteurized part-skim milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cremini Mushrooms, Yellow Onion, Lacinato Kale, 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)]

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.

