

GREEN CHEF

# GARLIC-DIJON PORK CHOPS

*sautéed green beans, mushrooms, roasted red peppers & almonds*

| COOK TIME | SERVINGS | CALORIES PER SERVING | NET CARBS PER SERVING | MENU |
|---|---|---|---|---|
| 25 MIN | 2 | 560 | 10 GRAMS | KETO // GLUTEN-FREE |

Tonight's creamy pan sauce adds garlicky richness to pan-seared pork—and you'll love how quickly it comes together. Sautéed garlic mingles with cream cheese, Dijon mustard, and butter with just a quick simmer and stir. Spoon it over the boneless chops for an out-of-this-world flavor upgrade. Buttery green beans and mushrooms with almonds complete the feast.

## INGREDIENTS (8 ITEMS)

| | |
|---|---|
| 6 oz | **Green beans** |
| 4 oz | **Cremini mushrooms** |
| ½ oz | **Roasted almonds** (T) |
| ¼ oz | **Garlic** |
| 2¼ oz | **Roasted red peppers** |
| 2 (5 oz) | **Boneless pork chops*** |
| 1 oz | **Cream cheese** (M) |
| ¼ oz | **Dijon mustard** |

## WHAT YOU'LL NEED

medium & large sauté pans
measuring cup & spoons
thermometer
cooking oil
2 tbsp butter (M)
salt & pepper

## ALLERGENS

(T) TREE NUTS (almonds)
(M) MILK

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

Validated Gluten Free Safe Spot 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# GARLIC-DIJON PORK CHOPS

## 1 PREP

- Trim stem ends off **green beans**. Cut into pieces, about 2 inches long.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Roughly chop **roasted almonds**.
- Mince **garlic**.

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 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **green beans** and **mushrooms** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until green beans are fork-tender, stirring occasionally.
- Add **roasted red peppers** and **almonds**. Cook 2-3 minutes, or until almonds are lightly toasted, stirring occasionally.
- Add 1 tablespoon butter. Season with salt and pepper to taste. Stir until butter has melted.




## 3 SEASON & COOK PORK

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




## 4 MAKE SAUCE

- Place **garlic** in pan used for pork over medium heat. Cook about 30 seconds, or until fragrant, stirring frequently.*
- Add ¼ cup water. Simmer 2-3 minutes, or until liquid is slightly reduced, stirring occasionally.**
- Remove from heat. Add **cream cheese**, about half the **Dijon mustard** (reserve remaining mustard for another use), and 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

**If the pan seems dry while cooking, add another ½ tablespoon cooking oil.*

***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 richness to your sauce.*




## 5 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **pork** between plates. Spoon **garlic-Dijon sauce** over top. Serve **sautéed green beans and mushrooms** on the side. Enjoy!




© 2022 Green Chef Corporation

## Nutrition Facts

2 Servings per container

**Serving size** **(365)**

**Amount per serving**

# Calories 560

| | % Daily Value* |
|---|---|
| **Total Fat** 43g | 55% |
| Saturated Fat 13g | 65% |
| Trans Fat 0g | |
| **Cholesterol** 95mg | 32% |
| **Sodium** 850mg | 37% |
| **Total Carbohydrate** 14g | 5% |
| Dietary Fiber 4g | 14% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 36g | |
| Vitamin D 0mcg | 0% |
| Calcium 117mg | 10% |
| Iron 4mg | 20% |
| Potassium 1015mg | 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], **Garlic**, **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)], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Green Beans**, **Cremini Mushrooms**, **Roasted Red Peppers** [bell pepper], **Almonds** [almonds]

**Allergen information:**
Contains Tree Nuts And 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.*