



**GREEN
CHEF**

PORK CHOPS WITH TRUFFLE ROSEMARY SAUCE

jasmine rice with kale, roasted red peppers & dates

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

GLUTEN-FREE

Truffle zest and rosemary are the perfect match, delivering herby earthiness to tonight's sauce for seared pork chops. After searing the chops, you'll cook kale with roasted red peppers, and then stir in fluffy jasmine rice for a bright, refreshing side dish. Finally you'll simmer up that pan sauce, enhanced with mushroom stock and cream cheese for a rich and savory elixir that you'll want to spoon over everything.

INGREDIENTS (11 ITEMS)

½ cup **Jasmine rice**
1 whole **Yellow onion**
2¾ oz **Lacinato kale**
¼ oz **Garlic**
¾ oz **Dates**
2 (5 oz) **Boneless pork chops***
1 oz **Roasted red peppers**
½ tsp **Dried rosemary**
1 whole **Mushroom stock concentrate**
1 oz **Cream cheese** M
½ tsp **Truffle zest**

WHAT YOU'LL NEED

small pot with lid
medium & large sauté pans
measuring cup & spoons
thermometer
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 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 COOK RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice in Step 5.)

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 PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Mince **garlic**.
- Roughly chop **dates**.

3 COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons 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.
- Transfer **pork** to a cutting board. (Reserve pan.) Let rest at least 3 minutes.

4 COOK VEGGIES

- Heat about 1 tablespoon of cooking oil in a large sauté pan over medium-high heat. Add **onion**. Cook 2-3 minutes, until lightly browned, stirring occasionally.
- Add **kale**, **roasted red peppers**, about half the **garlic**, and about half the **dried rosemary**. Cook 1-2 minutes, or until kale is wilted and garlic is fragrant, stirring occasionally.
- Add **dates** and ¼ cup water. Cook 2-3 minutes, or until liquid has evaporated. Season with salt and pepper to taste.

5 FINISH RICE

- Add **veggies** to pot with **rice**.
- Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper to taste.

6 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for pork over medium heat.
- Add remaining **garlic**. Cook about 30 seconds, or until fragrant, stirring frequently.
- Add ¼ cup water, **mushroom stock concentrate**, and remaining **rosemary**. Cook 1-2 minutes, or until sauce has thickened slightly, stirring occasionally.
- Add **cream cheese**, **truffle zest**, and 1 tablespoon butter. Stir to combine. Season with salt and pepper to taste. Remove from heat.

7 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **rice and veggies** between plates. Top with **pork chops**. Drizzle with **truffle rosemary sauce**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (353g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1030mg	45%
Total Carbohydrate 62g	23%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 3mg	15%
Potassium 858mg	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], **Truffle Zest** [natural flavor, carob powder, salt, black summer truffle, natural flavors], **Dried Rosemary**, **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)], **Garlic**, **Jasmine Rice** [jasmine rice], **Lacinato Kale**, **Roasted Red Peppers** [bell pepper], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Dates** [organic dried pitted dates], **Yellow Onion**

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.