



**GREEN
CHEF**

BROWN BUTTER PORK CHOPS

mashed potato, maple-glazed apple & carrots, toasted pecans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

MENU

GLUTEN-FREE

Simmering butter over steady heat turns it a deep golden brown and brings out its rich, nutty notes. In tonight's delectable dish, we've used this simple technique to add layers of decadent flavor to sage-seasoned roasted pork chops, which are served on a bed of creamy mashed potato. A side of maple-glazed apple and carrots completes the comforting meal.

INGREDIENTS (9 ITEMS)

1 whole	Russet potato
1 whole	Gala apple
1 whole	Red onion
8¾ oz	Carrots
1¼ tsp	Garlic, paprika & herb blend
1 oz	Maple syrup
½ oz	Pecans <small>T</small>
2 (5 oz)	Boneless pork chops*
1¼ tsp	Sage, ginger & garlic blend

WHAT YOU'LL NEED

medium pot
medium sauté pan
2 baking sheets
medium bowl
measuring cup & spoons
whisk
strainer
potato masher
thermometer
oven mitt
cooking oil
4 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (pecans)

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.
- Medium dice **russet potato** into pieces, about ½ inch each.
- Stand **Gala apple** upright and cut off sides around core; discard core. Large dice into pieces, about ¾ inch each.
- Cut ends off **red 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 COOK & MASH POTATO

- Place **potato** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender. Reserve about ¼ cup **potato cooking liquid**. Strain **potato**; shake off excess water. Return to pot.
- Mash **potato** with a potato masher (or fork) until mostly smooth.* Add 2 tablespoons butter. Stir to combine. Season with salt and pepper to taste.

**If the mashed potato is too thick, add reserved cooking liquid a tablespoon at a time until the desired consistency is reached.*

3 ROAST APPLE, CARROTS & ONION

- Place **apple, carrots, and onion** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **garlic, paprika, and herb blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **apple, carrots, and onion** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until mostly tender, stirring halfway through.
- Carefully remove sheet from oven. Drizzle **maple syrup** over **apple, carrots, and onion**. Stir to coat. (**Careful! Baking sheet is hot!**) Roast 5-6 minutes more, or until fork-tender.

4 TOAST PECANS

- Place **pecans** in a dry, medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pecans** to a cutting board and allow to cool. Roughly chop.

5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **sage, ginger, and garlic blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in pan used for pecans over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes on each side.
- Transfer **pork** to a second lightly oiled, foil-lined baking sheet. Roast 5-7 minutes, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

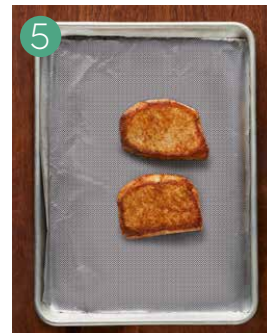
6 MAKE BROWN BUTTER

- Place 2 tablespoons butter in pan used for pork over medium-low heat. Cook 1-2 minutes, or until butter is fragrant and begins to brown, whisking constantly.* Lightly season with salt.

**Keep an eye on the butter while it cooks to prevent it from burning.*

7 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **mashed potato** between plates. Fan **pork** over top. Spoon **brown butter** over pork. Pile **maple-glazed apple and carrots** on the side. Garnish with **toasted pecans**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (574g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 19g	95%
Trans Fat 1g	
Cholesterol 120mg	40%
Sodium 1060mg	46%
Total Carbohydrate 63g	23%
Dietary Fiber 9g	32%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 5mg	30%
Potassium 1657mg	35%

* 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], **Gala Apple, Carrots, Red Onion, Russet Potatoes, Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Maple Syrup** [organic pure maple syrup], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Sage, Ginger & Garlic Blend** (Dried Sage, Dried Ginger, Granulated Garlic)

Allergen information:
Contains 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.