



**GREEN  
CHEF**

# GARLIC-THYME PORK CHOPS

*garlic mashed potatoes, sautéed green beans with hazelnuts*

## COOK TIME

45 MIN

## SERVINGS

2

## CALORIES PER SERVING

880

## MENU

GLUTEN-FREE

A rich pan sauce turns any meal into a special occasion. You'll build this silky, extra-savory one after searing juicy pork chops, with extra help from mushroom broth and a hint of cream cheese. It's spooned over sliced pork chops set atop a mountain of garlic mashed potatoes (perfect for catching any runaway sauce). On the side, there's buttery green beans with hazelnuts for a fresh crunch.

## INGREDIENTS (8 ITEMS)

12 oz **Yellow potatoes**  
 ¼ oz **Garlic**  
 2 (5 oz) **Boneless pork chops\***  
 1 tsp **Garlic, thyme & paprika**  
 3 oz **Seasoned mushroom broth** **T**  
 1 oz **Cream cheese** **M**  
 6 oz **Green beans**  
 ½ oz **Hazelnuts** **T**

## WHAT YOU'LL NEED

medium pot  
 medium & large sauté pans  
 measuring cup & spoons  
 whisk  
 fine-mesh strainer  
 potato masher  
 thermometer  
 cooking oil  
 3 tbsp butter **M**  
 salt & pepper

## ALLERGENS

**T** TREE NUTS (coconut, hazelnuts)  
**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°.

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 POTATOES

- Medium dice **yellow potatoes\*** into pieces, about ½ inch each.
- Mince **garlic**.
- Place **potatoes** and **garlic** in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until potatoes are tender, stirring occasionally.
- Reserve about ¼ cup **potato cooking liquid**. Strain **potatoes and garlic**. Shake off excess water. Return to pot. (You'll finish the potatoes in Step 5.)

*\*The ingredient you received may be a different color.*

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 on a plate. Season both sides with **garlic, thyme, and paprika**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Rub to evenly coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-4 minutes on each side, or until lightly browned.

# 3 COOK PORK & MAKE SAUCE

- Add **seasoned mushroom broth** to pan with **pork**. Cook about 2 minutes, or until liquid has slightly reduced and pork is fully cooked, stirring occasionally.
- Remove from heat. Transfer **pork** to a cutting board. Let rest at least 3 minutes.
- Add **cream cheese** to pan with **sauce**. 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 sauce.*

# 4 SAUTÉ GREEN BEANS & HAZELNUTS

- Trim stem ends off **green beans**.
- Roughly chop **hazelnuts**.
- Heat about 1½ tablespoons cooking oil in a 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 **hazelnuts** and 1 tablespoon butter. Cook 1-2 minutes, or until fragrant, stirring occasionally.

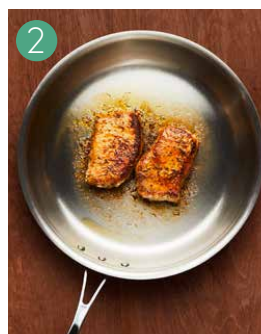
# 5 MASH POTATOES

- Mash **potatoes and garlic** with a potato masher (or fork) until smooth. Add 2 tablespoons butter. Stir to combine. Season with salt and pepper to taste.\*

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

# 6 PLATE YOUR DISH

- Cut **pork chops** into 6-8 slices each.
- Divide **garlic mashed potatoes** between plates. Fan **garlic-thyme pork chops** over top. Spoon **creamy pan sauce** over pork. Serve **green beans with hazelnuts** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (517g)

**Amount per serving**

**Calories** 840

	% Daily Value*
<b>Total Fat</b> 62g	79%
Saturated Fat 19g	95%
Trans Fat 0.5g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 1030mg	45%
<b>Total Carbohydrate</b> 41g	15%
Dietary Fiber 7g	25%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 37g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 5mg	30%
Potassium 1447mg	30%

\* 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), **Green Beans, 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)], **Yellow Potatoes, Hazelnuts** [hazelnuts]

### 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.*