



**GREEN
CHEF**

PORK CHOPS WITH CREAMY SHALLOT SAUCE

garlic mashed potato, roasted broccoli

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

730

MENU

GLUTEN-FREE

Is there a more comforting combination than meat and potatoes? Tonight we add extra richness to this classic pairing with a creamy shallot sauce, spooned over brown sugar-seasoned pork chops pan-seared to form a caramelized crust. A whole clove of garlic is added to the mashed potato, mellowing garlic's raw bite into something sweet and luscious. A pat of butter over the top makes this the ultimate crave-worthy plate.



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.

INGREDIENTS (8 ITEMS)

1 whole	Russet potato
6 oz	Broccoli
1 whole	Shallot
¼ oz	Garlic
2 (5 oz)	Boneless pork chops*
½ tsp	Brown sugar steak seasoning
1 whole	Vegetable stock concentrate
1 oz	Cream cheese <small>M</small>

WHAT YOU'LL NEED

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

ALLERGENS

M MILK

*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 PREP

- Preheat oven to 425 degrees.
- Peel **russet potato** if desired. Medium dice into pieces, about ½ inch each.
- Cut **broccoli** into bite-size pieces if necessary.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ 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 BOIL POTATO

- Place **potato** and one **garlic clove** (reserve remaining garlic clove for another use) in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until potato is fork-tender.
- Reserve about ¼ cup **potato cooking liquid**. Strain **potato and garlic**; shake off excess water. Return to pot. (You'll finish the potato in Step 6.)

3 SEASON & ROAST BROCCOLI

- Place **broccoli** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **broccoli** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until fork-tender, stirring halfway through.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **brown sugar steak seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear 4-6 minutes on each side, or until fully cooked.
- Remove from heat. Transfer **pork** to a cutting board. Let rest at least 3 minutes. Carefully wipe out pan.

5 MAKE SAUCE

- Heat about 1 tablespoon cooking oil in pan used for pork over medium-low heat. Add **shallot** to pan. Cook 2-3 minutes, or until softened, stirring occasionally.
- Add **vegetable stock concentrate** and ¼ cup water. Stir to combine. Cook 2-3 minutes, or until liquid has slightly reduced, stirring occasionally.
- Remove from heat. Add **cream cheese**. Stir until cream cheese is incorporated. Season with pepper to taste.

6 MASH POTATO

- Mash **potato and garlic** with a potato masher (or fork) into a smooth consistency.* Add 2 tablespoons butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

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

7 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **garlic mashed potato** between plates. Top with **pork**. Spoon **creamy shallot sauce** over top. Serve **roasted broccoli** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (468g)

Amount per serving

Calories 730

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1340mg	58%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5mg	30%
Potassium 1517mg	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], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **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)], **Shallot, Garlic, Russet Potatoes, Broccoli, Brown Sugar Steak Seasoning** (Sweet Paprika, Brown Sugar [organic raw cane sugar, organic molasses], Dried Orange Peel, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Sea Salt, Black Pepper)

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.