



PORK CHOPS WITH SAVORY GARLIC PAN SAUCE

sweet potato mash, roasted zucchini

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
590

MENU
GLUTEN-FREE

Sometimes just one addition can elevate your weekday dinner, and this pan sauce will do just that. After you sear seasoned pork chops, you'll use the same pan to make a savory pan sauce with garlic, shallot, Worcestershire-spiked vegetable broth, and a dab of butter for richness. Sliced pork is served over a sour cream–scallion sweet potato mash, then draped with the sauce and served with roasted zucchini.

INGREDIENTS (10 ITEMS)

- 9¾ oz **Sweet potatoes**
- 1 whole **Zucchini**
- 1 whole **Shallot**
- ¼ oz **Garlic**
- 1 whole **Scallion**
- 1 tsp **Herb, garlic & red pepper blend**
- 2 (5 oz) **Boneless pork chops***
- ¾ oz **Gluten-free Worcestershire sauce** **F T**
- 1 whole **Vegetable stock concentrate**
- 1 oz **Sour cream** **M**

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

- F** FISH (anchovies) **T** TREE NUTS (coconut)
- 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK SWEET POTATOES

- Preheat oven to 425 degrees.
- Place **sweet potatoes** in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Reserve about ¼ cup **sweet potato cooking liquid**. Strain **sweet potatoes** and return to pot. (You'll finish the sweet potatoes in Step 6.)

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

- Trim ends from **zucchini***. Slice widthwise into rounds, about ¼ inch thick.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Mince **garlic**.
- Trim and thinly slice **scallion**.

*The ingredient you received may be a different color.

3 SEASON & ROAST ZUCCHINI

- Place **zucchini** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **herb, garlic, and red pepper blend**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini** out in a single layer on one side of a lightly oiled, foil-lined baking sheet. Roast for 5 minutes (you'll add more to the baking sheet in Step 4).
- Remove from oven and carefully flip **zucchini**.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with remaining **herb, garlic, and red pepper blend**, salt, and pepper.
- Heat about 1 teaspoon cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes on each side, or until lightly browned.
- Transfer **pork** to empty side of baking sheet with **zucchini**. Roast 5-7 minutes, or until pork is fully cooked and zucchini is fork-tender.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

5 MAKE PAN SAUCE

- Heat about 1 teaspoon cooking oil in pan used for pork over medium heat. Add **shallot** and **garlic** to hot pan. Cook 1-2 minutes, or until shallot is softened, stirring frequently.
- Add **gluten-free Worcestershire sauce**, **vegetable stock concentrate**, and 2 tablespoons water. Bring to a simmer. Cook 3-4 minutes, or until slightly thickened, stirring occasionally.
- Remove from heat. Add 1 tablespoon butter. Stir until butter has melted. Season with salt and pepper.

6 MASH SWEET POTATOES

- Add **sour cream**, **scallion**, and 1 tablespoon butter to pot with **sweet potatoes**. Mash with a potato masher (or fork) until smooth. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.*

*If the mixture is too thick, add reserved sweet 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 **sweet potato mash** and **roasted zucchini** between plates. Fan **pork** over sweet potatoes. Spoon **savory garlic pan sauce** over pork. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (475g)

Amount per serving

Calories **590**

	% Daily Value*
Total Fat 34g	44%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1500mg	65%
Total Carbohydrate 43g	16%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 111g	8%
Iron 4mg	20%
Potassium 1367mg	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], **Herb, Garlic & Red Pepper Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Ground Rosemary, Crushed Red Pepper Flakes, Onion Powder), **Shallot, Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Worcestershire Sauce** (Granulated Garlic, Onion Powder, Fish Sauce [anchovy, sea salt], Water, Coconut Nectar [coconut tree sap], Dried Mustard, Apple Cider Vinegar [apple cider vinegar], Ground Cloves, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid]), **Zucchini, Sweet Potatoes, Sour Cream** [cultured cream], **Scallions, Garlic**

Allergen information:

Contains Milk, Tree Nuts And Fish

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.