



In your box

- .6 oz. Butter
- 3 Thyme Sprigs
- 2 Garlic Cloves
- 8 oz. Carrot
- 2 Bone-in Pork Chops
- .96 fl. oz. Pure Maple Syrup
- 8 oz. Broccoli Florets
- 1 oz. Sour Cream
- ½ oz. Grated Parmesan



Bone-In Pork Chop with Maple Butter

with roasted carrots and broccoli mash

NUTRITION per serving—Calories: 625, Carbohydrates: 20g, Fat: 39g, Protein: 47g, Sodium: 1526mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
6 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Medium Pot, Baking Sheet, Mixing Bowl, Colander, Medium Non-Stick Pan

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Bring a medium pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Ingredient(s) used more than once: **thyme, garlic**



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼” slices on an angle.
- Stem **thyme**.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

Roast the Carrot Slices

- Place **carrot slices, thyme** (reserve a pinch for butter), and half the **garlic** (reserve remaining for broccoli mash) on prepared baking sheet. Toss with ½ tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until tender and lightly caramelized, 18-20 minutes.
- While carrot roasts, make maple butter.



3

Make the Maple Butter

- Combine softened **butter**, half the **syrup**, and reserved **thyme** in a mixing bowl until incorporated. Taste, and add more syrup as desired.
- Divide maple butter equally in half and form each half into two disks. Cover with plastic wrap and refrigerate until plating.



4

Make the Broccoli Mash

- Add **broccoli** to boiling water and cook until bright green and very tender, 3-5 minutes.
- Thoroughly drain broccoli in a colander and return to pot. *Drain as much water as possible.*
- Add **sour cream, Parmesan**, and remaining **garlic**. Mash into a coarse consistency. Season with ¼ tsp. **salt** and a pinch of **pepper**.
- Cover and set aside.



5

Cook the Pork Chops

- Heat ½ tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **pork chops** to hot pan and cook until well-browned and pork reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side.
- Remove from burner, remove chops to a plate, and rest at least 3 minutes.
- Plate dish as pictured on front of card, placing **maple butter** on pork chop. Bon appétit!