



**In your box**  
8 oz. Brussels Sprouts  
8 oz. Turnip  
1 Rosemary Sprig  
½ oz. Dried Cranberries  
16 oz. Bone-in Pork Chops  
.96 fl. oz. Pure Maple Syrup  
2 tsp. Vegetable Base



## Maple Cranberry Bone-in Pork Chop

with rosemary Brussels sprouts and turnips

NUTRITION per serving—Calories: 612, Carbohydrates: 32g, Fat: 34g, Protein: 44g, Sodium: 1119mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time  
35-45 min.

Cook Within  
6 days

Difficulty Level ● ● ● ●  
Intermediate

Spice Level ● ● ● ● ●  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Mixing Bowl, Medium 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

### Prepare the Ingredients

- Coarsely chop **dried cranberries**. Place in a mixing bowl and cover with  $\frac{1}{4}$  cup **hot water**. Set aside to rehydrate at least 10 minutes.
- While cranberries rehydrate, trim bottoms off **Brussels sprouts** and halve (quarter if larger than a ping-pong ball).
- Peel and cut **turnip** into  $\frac{1}{2}$ " dice.
- Stem and mince **rosemary**.
- Pat **pork chops** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.
- *If using chicken breasts, pat dry and season same amount.*



2

### Roast the Vegetables

- Place **Brussels sprouts** and **turnip** on prepared baking sheet. Toss with 2 tsp. **olive oil**, **rosemary**,  $\frac{1}{4}$  tsp. **salt**, and  $\frac{1}{4}$  tsp. **pepper**.
- Spread into a single layer. Roast in hot oven until vegetables are caramelized and tender, 18-20 minutes.
- While vegetables roast, cook pork chops.



3

### Cook the Pork Chops

- Place a medium pan over medium heat and add 2 tsp. **olive oil**. Place **pork chops** in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- *If using chicken breasts, cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*
- Remove pork chops to a plate and rest at least 5 minutes.
- Reserve pan; no need to wipe clean.



4

### Make the Sauce

- Return pan used to cook pork to medium heat.
- Add **cranberries**, **cranberry rehydrating liquid**,  $\frac{1}{4}$  cup **water**, **maple syrup**, and **vegetable base** to hot pan.
- Bring to a simmer and stir occasionally until slightly thickened, 2-4 minutes.
- Taste, and season with a pinch of **salt** and **pepper** if desired.
- Remove from burner.



5

### Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **pork chops**. Bon appetit!