



#### In your box

- .6 oz. Butter
- 1 Acorn Squash
- ½ oz. Walnut Halves
- ¼ oz. Parsley
- 12 oz. Boneless Pork Chops
- ½ oz. Grated Parmesan
- 1 tsp. Cracked Black Pepper
- 2 tsp. Sugar



## Pork Chop with Candied Walnut Butter and Parmesan-roasted acorn squash

NUTRITION per serving—Calories: 571, Carbohydrates: 28g, Fat: 31g, Protein: 43g, Sodium: 1125mg.  
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 ● ● ● ● ●  
Intermediate

Spice Level ● ● ● ● ●  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Small Non-Stick Pan, Medium Non-Stick Pan, Mixing Bowl

## 👑 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
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**



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### Prepare the Ingredients

- Carefully cut **acorn squash** in half from pole to pole. Use a spoon to scoop out strings and seeds. Cut halves into ½” slices.
- Coarsely chop **walnuts**.
- Stem and mince **parsley**.
- Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



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### Roast the Squash

- Place **acorn squash slices** on prepared baking sheet. Drizzle with 2 tsp. **olive oil** and season with ½ tsp. **salt**. Massage oil into squash and spread into a single layer.
- Sprinkle squash with **Parmesan** and roast in hot oven until tender and lightly browned, 18-23 minutes.
- Sprinkle roasted acorn squash with **cracked black pepper**.
- While squash roasts, make candied walnuts.



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### Make the Candied Walnuts

- Place a small non-stick pan over medium heat.
- Add **sugar** and 2 Tbsp. **water** to hot pan and stir until dissolved.
- Add **walnuts** and stir constantly until water has evaporated and walnuts are shiny and sticky, 2-3 minutes.
- Transfer to a plate or cutting board and cool, 5 minutes.
- When walnuts are cool enough to handle, break into small pieces.



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### Cook the Pork Chops

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **pork chops** to hot pan. Cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove pork chops to a plate and rest at least 5 minutes.



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### Make the Candied Walnut Butter

- In a mixing bowl, stir softened **butter**, **candied walnuts**, and half the **parsley** (reserve remaining for garnish) until well-combined.
- Plate dish as pictured on front of card, topping **pork chop** with butter and garnishing **acorn squash** with remaining parsley. Bon appétit!