



In your box

- .6 oz. Butter
- 2 Garlic Cloves
- ¼ oz. Parsley
- 8 oz. Carrot
- 16 oz. Bone-in Pork Chops
- ¼ oz. Grated Pecorino Cheese
- 5 oz. Peas
- ½ fl. oz. Honey
- ¼ tsp. Red Pepper Flakes



Pork Chop with Parsley-Garlic Butter

with spicy peas and carrots

NUTRITION per serving—Calories: 617, Carbohydrates: 27g, Fat: 34g, Protein: 44g, Sodium: 1128mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Mild

① You will need

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



1

Roast the Garlic

- Halve **garlic**. Place garlic halves on a piece of foil and form a foil pouch around garlic.
- Place directly on oven rack, opening side up, and roast in hot oven until garlic is tender, 20-22 minutes.
- While garlic roasts, prepare ingredients.



2

Prepare the Ingredients

- Mince **parsley**, both stems and leaves.
- Peel, trim, and cut **carrot** into ½” pieces.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3

Make Butter and Sear Pork Chops

- Combine **butter**, **parsley**, **pecorino**, **roasted garlic**, and a pinch of **salt** and **pepper** in a mixing bowl. Refrigerate until ready to plate.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **pork chops** to hot pan and sear undisturbed until golden brown, 2-3 minutes.
- Transfer pork chops to prepared baking sheet, seared side up.
- Reserve pan; no need to wipe clean.



4

Finish the Pork Chops

- Roast in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 8-10 minutes.
- While pork chops roast, cook vegetables.



5

Cook Peas and Carrots and Finish Dish

- Return pan used to sear pork chops to medium heat. Add **carrot** to hot pan and cook undisturbed until lightly charred, 4-5 minutes.
- Add **peas** and **honey** to pan and stir occasionally until vegetables are coated, 3-4 minutes.
- Season with ¼ tsp. **salt** and half the **red pepper flakes**. Taste, and add remaining red pepper flakes if desired.
- Plate dish as pictured on front of card, garnishing **pork chops** with **parsley-garlic butter**. Bon appétit!