



#### In your box

- .6 oz. Butter
- ½ oz. Grated Parmesan
- 6 oz. Swiss Chard
- 1 Shallot
- 2 Garlic Cloves
- 4 oz. Grape Tomatoes
- ¼ oz. Pine Nuts
- ¼ tsp. Red Pepper Flakes
- 1 ½ tsp. Pot Roast Seasoning

#### Customize It Options

- 16 oz. Bone-in Pork Chops
- 12 oz. Filets Mignon
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Large Non-Stick Pan, Mixing Bowl



## Bone-In Pork Chop with Pine Nut & Parmesan Butter

with garlic Swiss chard

NUTRITION per serving—Calories: 613, Carbohydrates: 14g, Fat: 41g, Protein: 45g, Sodium: 1224mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**30-40 min.**

Cook Within  
**6 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Mild**

## 👑 Before you cook

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

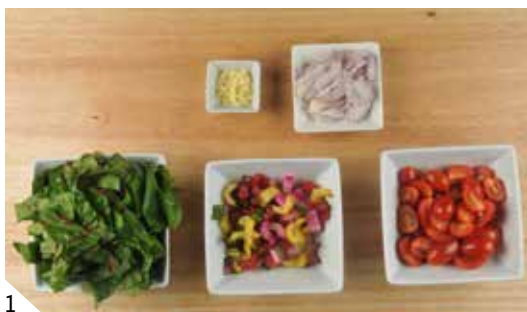
- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 400 degrees
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter, Parmesan**

## Customize It Instructions

- If using **NY strip steak**, follow same instructions as pork chops in Step 1, Step 3, and Step 4, roasting in hot oven until steak reaches minimum internal temperature, 14-17 minutes. Halve to serve.
- If using **filets mignon**, follow same instruction as pork chops in Step 1, Step 3, and Step 4, roasting in hot oven until filets reach a minimum internal temperature, 8-14 minutes.
- If using **chicken breasts**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as pork chops in Step 3, searing 4-5 minutes, and Step 4, roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

## Prepare the Ingredients

- Stem **Swiss chard**. Cut stems into thin slices and coarsely chop leaves. Keep leaves and stems separate.
- Halve and peel **shallot**. Slice halves into thin strips.
- Mince **garlic**.
- Halve **tomatoes**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

## Toast Pine Nuts and Brown Butter

- Place **pine nuts** in a dry, large non-stick pan. Place pan over medium heat and stir often until nuts are aromatic and lightly browned, 2-5 minutes.
- Add ½ the **butter** (reserve remaining for compound butter). Stir constantly until butter browns, 1-2 minutes. *Be alert: Browning happens quickly after butter stops sizzling.*
- Transfer butter and pine nuts to a mixing bowl.
- Wipe pan clean and reserve.



3

## Sear the Pork Chops

- Return pan used to toast pine nuts to medium-high heat.
- Add 2 tsp. **olive oil** and **pork chops** to hot pan. Cook undisturbed until browned, 2-3 minutes.
- Transfer pork chops to prepared baking sheet, seared-side up.
- Reserve pan; no need to wipe clean.



4

## Finish Pork Chops and Make Compound Butter

- Roast **pork chops** in hot oven until pork reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- While pork chops roast, add remaining **butter**, half the **Parmesan** (reserve remaining for vegetables), and a pinch of **pepper** to bowl with **pine nut-butter mixture**. Thoroughly combine and set aside.



5

## Cook Vegetables and Finish Dish

- Return pan used to sear pork chops to medium-high heat. Add 1 tsp. **olive oil**, **shallot**, **Swiss chard stems**, **seasoning blend**, and **garlic** to hot pan. Stir occasionally until lightly charred, 3-4 minutes.
- Add **Swiss chard leaves** and **tomatoes**. Stir occasionally until wilted, 1-2 minutes.
- Stir in remaining **Parmesan**, ¼ tsp. **salt**, and **red pepper flakes** (to taste). Remove from burner.
- Plate dish as pictured on front of card, placing a dollop of **compound butter** on **pork chop**. Bon appétit!