



#### In your box

3 Thyme Sprigs  
12 oz. Carrot  
2 Shallots  
2 Garlic Cloves  
2 Bone-in Pork Chops  
2 oz. Baby Spinach  
.6 oz. Butter

CONTAINS milk



## Butter-Basted Pork Chop

with roasted carrots and spinach

NUTRITION per serving—Calories: 605, Carbohydrates: 24g, Fat: 38g, Protein: 41g, Sodium: 1300mg.  
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 ○ ○ ○ ○  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **thyme**



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### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½” slices at an angle.
- Peel and halve **shallots**. Cut into ½” rounds.
- Mince **garlic**.
- Stem two **thyme sprigs** and coarsely chop. Halve one sprig.
- Pat **pork chops** dry.



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### Roast the Vegetables

- Place **carrot** and **shallots** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast until carrots are tender, 15-18 minutes.
- Carefully add **garlic** and **spinach** to roasted vegetables. Toss to combine, then roast until spinach is wilted, 3-4 minutes.
- While vegetables roast, cook pork chops.



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### Cook the Pork Chops

- 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 browned, 3-4 minutes.
- Flip chops, reduce heat to medium, and add **butter**. Top pork chops with **thyme sprigs**. Spoon melted butter over pork chops occasionally until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes.
- *Careful! Pan and butter will be hot. If necessary, tilt pan slightly to pool liquid. Butter will brown as it cooks; if it starts to burn, reduce heat to medium-low.*
- Remove pork chops to a plate, rest at least 3 minutes, then tent with foil. Reserve pan; no need to wipe clean.



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### Make the Sauce

- Return pan used to sear pork chops to high heat and add ¼ cup **water**. Bring to a boil and swirl pan until sauce thickens, 1-2 minutes.
- Remove from burner and stir in **chopped thyme** and **accumulated juices from resting pork**.



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### Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!