



**In your box**  
¼ oz. Parsley  
16 oz. Carrot  
6 oz. Cremini Mushrooms  
2 Garlic Cloves  
16 oz. Bone-in Pork Chops  
1 oz. Sour Cream  
.6 oz. Butter



## Pork Chop with Garlic-Butter Mushrooms and mashed carrots

NUTRITION per serving—Calories: 618, Carbohydrates: 22g, Fat: 38g, Protein: 44g, Sodium: 1175mg.  
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

Medium Pot, Colander, 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!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **parsley**



1

### Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½" pieces.
- Cut **mushrooms** into ¼" slices.
- Mince **garlic**.
- Stem and mince **parsley**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

### Cook the Carrot

- Bring a medium pot with **carrot pieces** and enough **water** to cover to a boil. Reduce to a simmer and cook until fork-tender, 15-18 minutes.
- Drain carrot pieces in a colander and return to pot with **sour cream**, ¼ tsp. **salt**, and a pinch of **pepper**. Mash until smooth.
- While carrot simmers, cook pork chops.



3

### Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **pork chops** to hot pan and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove pork chops to a plate and tent with foil.
- Wipe pan clean and reserve.



4

### Cook the Mushrooms

- Return pan used to cook pork chops to medium-high heat.
- Add 1 tsp. **olive oil** and **mushrooms** to hot pan. Stir occasionally until browned, 4-6 minutes.
- Add **garlic**, ¼ tsp. **salt**, and a pinch of **pepper** and cook until aromatic, 1 minute.
- Remove from burner. Stir in **butter** and **parsley** (reserving a pinch for garnish).



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing **mushrooms** with remaining **parsley**. Bon appétit!