



In your box

- 3 Thyme Sprigs
- ½ oz. Pine Nuts
- 1 Yellow Onion
- 16 oz. Carrot
- 2 Boneless Pork Chops
- 2 oz. Shredded Swiss Cheese
- ½ oz. Light Brown Sugar



French Onion Pork Chop

with glazed carrots pignolo

NUTRITION per serving—Calories: 621, Carbohydrates: 34g, Fat: 31g, Protein: 49g, Sodium: 1320mg.
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 
Easy

Spice Level 
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Baking Sheet, Medium Non-Stick Pan, Large 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Ingredient(s) used more than once: **thyme**



1

Prepare Ingredients and Toast Nuts

- Halve and peel **onion**. Slice halves into thin strips.
- Peel, trim, and cut **carrot** into thin slices on an angle.
- Stem and mince **thyme**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Place **pine nuts** on prepared baking sheet. Toast in hot oven until lightly browned, 3-5 minutes.
- Remove toasted pine nuts to a plate. Reserve baking sheet; no need to replace foil.



2

Caramelize the Onions

- Place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **onions** to hot pan. Cook undisturbed, 3 minutes.
- Then stir occasionally until onions are golden brown and tender, 5-7 minutes.
- Remove from burner. Transfer onions to a bowl and season with a pinch of **salt** and **pepper**.
- While onions caramelize, sear pork chops.



3

Sear the Pork Chops

- Place a large 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.
- Transfer to baking sheet, seared side up.
- Wipe pan clean and reserve.



4

Finish the Chops

- Top each **pork chop** with a heaping ¼ cup **caramelized onion**. Spread onions evenly over chops, then top with **cheese**. Sprinkle with half the **thyme** (reserve remaining for carrots).
- Roast until pork chops reach a minimum internal temperature of 145 degrees, 10-12 minutes.
- While chops roast, cook carrots.



5

Make the Glazed Carrots Pignolo

- Return pan used to sear chops to medium-high heat. Add ¾ cup **water**, **carrots**, **brown sugar**, ½ tsp. **salt**, and remaining **thyme** to pan and bring to a simmer.
- Cover, and shake pan occasionally until carrots are tender, 4-6 minutes.
- Plate dish as pictured on front of card, garnishing carrots with **pine nuts**. Bon appétit!