



In your box

- ¼ oz. Parsley
- 2 Zucchini
- 2 Garlic Cloves
- 1 oz. Grated Parmesan
- 12 oz. Boneless Pork Chops
- 5 oz. Corn Kernels
- ¼ tsp. Red Pepper Flakes
- ¾ oz. Roasted Pistachios



Pork Chop with Pistachio Gremolata with zucchini corn sauté

NUTRITION per serving—Calories: 599, Carbohydrates: 23g, Fat: 35g, Protein: 50g, Sodium: 1541mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, 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 and cooking spray
- Ingredient(s) used more than once: **Parmesan**



1

Prepare the Ingredients

- Coarsely chop **pistachios**.
- Mince **parsley**, leaves and stems.
- Mince **garlic**.
- Trim **zucchini**, quarter lengthwise, and cut into ½” pieces.
- Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



2

Make the Gremolata

- Combine **parsley**, **pistachios**, 2 tsp. **olive oil**, 1 tsp. **Parmesan** (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Set aside.



3

Cook the Pork Chops

- Heat 2 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **pork chops** to hot pan and cook undisturbed until browned, 3-4 minutes.
- Transfer pork chops to prepared baking sheet, seared side up. Roast in hot oven until pork chops reach a minimum internal temperature of 145 degrees, 10-12 minutes.
- Wipe pan clean and reserve.
- While pork cooks, make vegetable sauté.



4

Sauté the Vegetables

- Return pan used to sear pork to medium-high heat and add 2 tsp. **olive oil**.
- Add **zucchini** and **corn** to hot pan. Cook undisturbed until lightly charred, 2-3 minutes.
- Add **garlic** and stir occasionally until zucchini is tender, 2-3 minutes.
- Remove from burner. Season with ¼ tsp. **salt** and a pinch of **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **gremolata** over **pork chops** and garnishing **vegetables** with remaining **Parmesan** and **red pepper flakes** (to taste). Bon appétit!