



#### In your box

- 6 oz. Swiss Chard
- 1 Acorn Squash
- 2 Garlic Cloves
- .6 oz. Butter
- 12 oz. Boneless Pork Chops
- 1 tsp. Coarse Black Pepper
- 2 fl. oz. Red Cooking Wine
- 4 tsp. Chicken Demi-Glace



## Pork Chop au Poivre

with Swiss chard and acorn squash

NUTRITION per serving—Calories: 610, Carbohydrates: 33g, Fat: 33g, Protein: 42g, Sodium: 1465mg.  
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 ● ● ●  
Expert

Spice Level 🌶️ 🌶️ 🌶️  
Not Spicy

## ① You will need

Olive Oil, Salt, Cooking Spray

Baking Sheet, Large Non-Stick Pan, Medium Non-Stick Pan, Mixing Bowl

## 👑 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



1

### Prepare the Ingredients

- Trim ends from **acorn squash** and carefully halve from pole to pole. Use a spoon to scoop out strings and seeds. Quarter squash halves, then cut into ½" slices.
- Stem **Swiss chard**. Coarsely chop leaves. Cut stems into ¼" dice. Keep leaves and stems separate. *Swiss chard may be rainbow (multi-color) or entirely green. Both are delicious!*
- Slice **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and **coarse black pepper**.



2

### Roast the Acorn Squash

- Place **acorn squash** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and seasoning into squash.
- Spread into a single layer and roast in hot oven until browned, 15-20 minutes.
- While squash roasts, cook pork chops.



3

### Cook the Pork Chops

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Place **pork chops** in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove pork chops to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

### Cook the Chard

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **chard stems** to hot pan and cook, 30-60 seconds.
- Add **chard leaves, garlic**, and pinch of **salt** and stir often until leaves are wilted, 2-3 minutes.
- Remove from burner. Remove chard and garlic to a mixing bowl and toss with **roasted acorn squash**.



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### Make Sauce and Finish Dish

- Return pan used to cook pork chops to medium-high heat.
- Add **wine** and **demi-glace** to hot pan. Cook until liquid is reduced by half, 1-2 minutes.
- *Don't be afraid of a little steam; reducing requires heat!*
- Remove from burner and swirl in **butter**.
- Plate dish as pictured on front of card, placing **pork chops** on **sauce**. Bon appétit!