



#### In your box

- 8 oz. Brussels Sprouts
- 2 Bone-in Pork Chops
- 1 Rosemary Sprig
- 8 oz. Cubed Butternut Squash
- 2 tsp. Beef Demi-Glace
- 1 oz. Canned Whole Berry Cranberry Sauce



## Cranberry Rosemary Pork Chop

with Brussels sprouts and butternut squash

NUTRITION per serving—Calories: 622, Carbohydrates: 29g, Fat: 36g, Protein: 44g, Sodium: 1141mg.  
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**

## 📌 You will need

Olive Oil, Salt, Pepper

Medium Oven-Safe Pan, 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **rosemary**



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### Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve lengthwise (quarter if larger than a ping-pong ball).
- Stem top 2" **rosemary**, leaving remaining rosemary whole. Mince leaves.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Roast the Vegetables

- Place a medium oven-safe pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **Brussels sprouts** and **butternut squash** to hot pan and stir occasionally until browned, 4-5 minutes.
- Season with ½ tsp. **salt** and ¼ tsp. **pepper**.
- Place pan in hot oven and roast until vegetables are tender, 12-15 minutes.
- While vegetables roast, cook pork chops.



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### Cook the Pork Chop

- Place a medium 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 from burner. Remove pork chops to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



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### Make the Sauce

- Return pan used to cook pork chops to medium-high heat.
- Add ¼ cup **water**, **cranberry sauce**, **demi-glace**, and **rosemary sprig** to hot pan. Stir, then bring to a boil. Cook until liquid is slightly reduced, 1-2 minute.
- Remove from burner and remove rosemary sprig. Stir in **minced rosemary**.



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### Finish the Dish

- Plate dish as pictured on front of card, placing **pork chop** on **sauce**. Bon appétit!