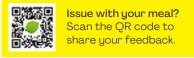


Pork Chops with Creamy Sage Sauce

with Cauliflower Mash

Keto Special

30 Minutes







Pork Chops, bone-in

Green Onion





White Cheddar Cheese, shredded

Cauliflower, florets

Garlic, cloves











Dijon Mustard



Shanghai Bok Choy





Start here

Before starting, wash and dry all produce.

Measurements, 1 tbsp, (2 tbsp), within steps

oil Ingredient

Bust out

Colander, medium non-stick pan, measuring spoons, potato masher, aluminum foil, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Pork Chops, bone-in	420 g	840 g
Green Onion	2	4
Cauliflower, florets	285 g	570 g
Garlic, cloves	2	4
Fresh Sage	7 g	14 g
Cream	237 ml	474 ml
Dijon Mustard	1 ½ tsp	3 tsp
White Cheddar Cheese, shredded	½ cup	1 cup
Shanghai Bok Choy	113 g	226 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Thinly slice green onions.
- · Peel, then mince or grate garlic.
- Cut bok choy into 1-inch pieces.
- · Strip sage leaves from stems, then finely chop.



Cook cauliflower

- Add cauliflower and enough water to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender. 10-12 min.
- Drain and return cauliflower to the same pot, off heat, and covered to keep warm.
- · Set aside.



- Meanwhile, pat **pork** dry with paper towels. Season with salt, pepper and half the sage.
- · Heat a large non-stick pan over medium heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then pork. Pan-fry until golden-brown and cooked through, 6-8 min per side.**
- Transfer **pork** to a plate. Cover with foil to keep warm.
- Carefully wipe the pan clean.



Make sauce

- · Reheat the same pan over medium.
- When hot, add 1 tbsp (2 tbsp) butter, then green onions, remaining sage, Dijon and 3/4 cup (1 1/4 cups) cream. Season with salt and pepper.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.



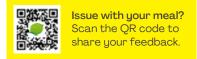
Cook bok choy

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add 1/2 tbsp (1 tbsp) oil, then bok choy. Cook, stirring occasionally, until tendercrisp, 2-3 min.
- Add garlic. Cook, stirring often, until fragrant, 1-2 min. Season with salt and pepper.



Finish and serve

- Add cheese, 1 tbsp (2 tbsp) butter and remaining cream to the pot with cauliflower. Using a potato masher, mash until creamy.
- Thinly slice pork.
- Divide pork, cauliflower mash and garlicky **bok choy** between plates.
- Spoon creamy sage sauce over pork.



Dinner Solved!