



Pork Chops with Creamy Sage Sauce

with Cauliflower Mash

Keto Special 30 Minutes



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Pork Chops, bone-in



Green Onion



Cauliflower, florets



Garlic, cloves



Fresh Sage



Cream



Dijon Mustard



White Cheddar
Cheese, shredded



Shanghai Bok Choy

HELLO SAGE

This fuzzy and leafy herb is both fragrant and flavourful!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **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

	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.



Make sauce

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **green onions, remaining sage, Dijon** and **¾ cup** (1 ¼ cups) **cream**. Season with **salt** and **pepper**.
- Cook, stirring often, until **sauce** thickens slightly, 2-3 min.



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.



Cook bok choy

- Meanwhile, heat a medium non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **bok choy**. Cook, stirring occasionally, until tender-crisp, 2-3 min.
- Add **garlic**. Cook, stirring often, until fragrant, 1-2 min. Season with **salt** and **pepper**.



Cook pork

- 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 **½ 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.



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**.



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Dinner Solved!