



# 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 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 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!



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