



In your box
.6 oz. Butter
1 Sage Sprig
12 oz. Broccoli Florets
2 Garlic Cloves
12 oz. Boneless Pork Chops
½ oz. Hazelnut Pieces
½ fl. oz. Honey



Pork Chop with Sage & Honey Butter

with roasted garlic and hazelnut broccoli

NUTRITION per serving—Calories: 556, Carbohydrates: 17g, Fat: 34g, Protein: 44g, Sodium: 1344mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

**Nutritional information may vary if you selected chicken as your protein*

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level ● ● ● ○

Intermediate

Spice Level ○ ○ ○ ○

Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Oven-Safe 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 **400 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sage**



1

Fry the Sage

- Line a plate with a paper towel.
- Stem **sage**.
- Heat 1 Tbsp. **olive oil** in a medium oven-safe pan over medium heat. Add half the **sage** (reserve remaining for garnish) to hot pan and stir constantly until leaves are crispy and slightly darker in color, 1-2 minutes.
- Transfer sage to towel-lined plate.
- Reserve pan; no need to wipe clean.



2

Prepare Ingredients and Roast Broccoli

- Cut **broccoli** into large bite-sized pieces.
- Mince **garlic**.
- Mince remaining **sage**.
- Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.
- Place broccoli, **hazelnuts**, and garlic on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. salt, and a pinch of pepper. Spread into a single layer and roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, sear pork chops.



3

Sear the Pork Chops

- Return pan used to crisp sage to medium-high heat.
- Add **pork chops** to hot pan. Cook undisturbed until lightly browned, 2-3 minutes.
- *If using chicken, add to hot pan and cook undisturbed until browned, 4-5 minutes.*



4

Finish the Pork Chops

- Flip **pork chops**, seared side up.
- Place pan in oven and roast until chops are browned and reach a minimum internal temperature of 145 degrees, 8-10 minutes.
- *If using chicken, flip seared side up and place pan in oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.*
- Carefully, remove chops from pan and rest, 1-2 minutes.
- While chops rest, make butter.



5

Make the Sage and Honey Butter

- Crumble **fried sage** into a mixing bowl. Combine with softened **butter**, **honey**, and a pinch of **pepper**.
- Plate dish as pictured on front of card, garnishing **pork** with sage and honey butter and **minced sage**. Bon appétit!