



LOW CARB

KETO FRIENDLY

Bacon-Smothered Pork Chop

with Green Beans & Tarragon Butter



20-30min



2 Servings

Tarragon may look like blades of vibrant green grass but this herb, commonly used in French cooking, is known as "the king of herbs." It is loved for its anise-like flavor that adds an aromatic, bittersweet pop to dishes. For this keto friendly recipe, tarragon adds another layer of flavor to buttery broiled green beans that are served alongside pan-seared pork chops coated in a smoky bacon and...

What we send

- bacon
- turkey broth concentrate
- boneless pork chops
- canned peppadew peppers¹²
- green beans
- fresh tarragon
- cream cheese⁷
- shallot

What you need

- kosher salt & ground pepper
- olive oil

Tools

- skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 63g, Carbs 19g, Proteins 65g



1. Prep ingredients

Roughly chop **peppadew peppers**. Trim stem ends from **green beans**. Cut **bacon** into ½-inch pieces. Peel and finely chop ¼ **cup shallots**. Pick **tarragon leaves** from stems, discarding stems. Finely chop 1 **tablespoon leaves**.



2. Cook bacon

Heat a medium skillet over medium-high. Add **bacon** and cook, stirring occasionally, until golden-brown and crisp, 4-5 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate. Pour off **all but 1 tablespoon bacon fat** from skillet.



3. Sear pork

Pat **pork chops** dry and season all over with **salt** and **several grinds of pepper**. Return skillet with **bacon fat** to medium-high heat. Add pork chops and cook until golden-brown and just cooked through, about 3 minutes per side, reducing heat if skillet starts to get too brown. Transfer pork chops to a plate.



4. Make sauce

Reduce same skillet to medium heat, add **shallots** and cook, stirring, until shallots are softened and golden, 1-2 minutes. Whisk in **broth concentrate**, **all of the cream cheese**, and ½ **cup water** and bring to a simmer. Cook, stirring, until sauce is thick enough to coat a spoon, 1-2 minutes.



5. Broil green beans

Meanwhile, heat broiler to high with top rack 6 inches from heat source. On a rimmed baking sheet, toss **green beans** with 1 **tablespoon oil** and season with **salt** and **pepper**. Broil until tender and slightly charred, 5 minutes (watch closely). Remove from oven; carefully toss green beans directly on baking sheet with 2 **tablespoons butter** and **chopped tarragon**.



6. Finish & serve

Stir **peppadew peppers** and **most of the bacon** into the **sauce**. Return **pork chops** to skillet, and simmer until pork is heated through, about 1 minute. Serve **pork** with **sauce** spooned over top, and **green beans** alongside. Sprinkle **remaining bacon** on top. Enjoy!