






More Than Food
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Sage Butter Pork Chops with Roasted Tenderstem and Squash

Sage adds earthy depth to honeyed squash and juicy pork chops in this delicious dish. Roasting the tenderstem broccoli helps develop crispy edges and a nutty flavour... It's our favourite way to cook it!

 30 mins

 family box

 gluten free



Butternut Squash (2)



Sage (5 tbsp)



Garlic Clove (2)



Tenderstem Broccoli
(2 packs)



Honey (2 tbsp)




Pork Chop (4)



Netherend Butter
(1½ tbsp)

Ingredients

	2P	4P
Butternut Squash, chopped	-	2
Sage, chopped	-	5 tbsp
Garlic Clove, chopped	-	2
Tenderstem Broccoli	-	2 packs
Honey	-	2 tbsp
Pork Chop	-	4
Netherend Butter 1	-	1½ tbsp

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Milk

Nutrition per serving: Calories: 690 kcal | Protein: 25 g | Carbs: 97 g | Fat: 28 g | Saturated Fat: 9 g



1 Pre-heat your oven to 200 degrees. Peel the butternut squash with a vegetable peeler. Cut the squash through the middle to separate the bulbous bottom from the top. Cut the bulbous part in half lengthways to expose the seeds. Remove the seeds with a spoon and chop the whole squash into 1 cm pieces.



2 Roughly chop the sage leaves and peel and chop the garlic.

3 **LH:** Put your broccoli on a baking tray, drizzle over 1 tbsp of oil, ¼ tsp of salt and a good grind of pepper. If your baking tray is big enough, put your butternut squash pieces on the other side of the baking tray and drizzle over another tbsp of olive oil along with your honey, half the sage and a sprinkle of salt and pepper. Pop on the top shelf of the oven to cook for 15-20 mins until golden brown, toss the tray halfway through. **Tip:** If your tray isn't big enough for both the broccoli and butternut squash then just use separate trays!



4 While the vegetables are roasting, season your pork chops with a pinch of salt and a good grind of pepper on both sides. Heat 1 tbsp of oil in a frying pan on a medium heat and when the pan is hot add the chops and cook for 2-3 mins on each side until golden brown. When the vegetables are 5 mins from being cooked, transfer the chops to the baking tray with the vegetables and cook for 5-6 mins until just slightly pink in the centre.



5 While the pork finishes cooking in the oven, put your pan back on a medium heat (no need to wash!), add your butter to the pan and once it has melted and stops foaming, add the remaining sage and the garlic. Cook for 30 seconds until you can smell the lovely sagey aroma, then remove the pan from the heat and grind in some black pepper.

6 Remove the baking tray from the oven and allow the pork to rest for a couple of mins. Serve the pork on a bed of butternut squash with the broccoli on the side, drizzle each chop with your lovely sage butter and dig in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!