

**GREEN  
CHEF**

# CHERRY-BALSAMIC PORK

Quinoa with golden beets & carrots, snap peas

**GLUTEN-FREE**

**40**  
MIN

PREP + COOK TIME



**550 calories per serving | serves 2**

Sweet and tangy flavors mingle in this savory dish. Boneless pork chops are pan-seared, then roasted to a juicy finish with cherries, white balsamic vinegar, and fresh thyme. The pork is served alongside a hearty bed of quinoa studded with golden beets, carrots, mint, and parsley. Sautéed snap peas and red onion add a pop of color and a nutrient boost on the side.

## INGREDIENTS (10 items)

**Boneless pork chops**  
**Cherries**  
**White balsamic vinegar**  
**Thyme**  
**Parsley & mint**  
**Golden beets & carrots**

LOOK FOR THIS COLOR LABEL!

**White quinoa**  
**Snap peas**  
**Red onion & garlic**  
**Butter (D)**


All recipes contain organic ingredients. Look for organic on the label.

⚠ Wash & dry fresh produce. Wash hands & surfaces after handling raw meat. Consuming raw or undercooked meat can be harmful to your health.

Contains: (D) dairy


**Food allergen notice (including gluten):** Our ingredients are processed and packaged in the same facility, and cross-contact with major food allergens may occur. While we follow industry-leading best practices in safe food handling, trace amounts of allergens may exist in your meal.

 **FROM YOUR PANTRY**  
salt & pepper, cooking oil, olive oil

 **TOOLS YOU'LL NEED**  
knife & cutting board, cooking spoon, medium pot with lid, fork, liquid measuring cup, tongs, medium oven-safe sauté pan, large sauté pan, thermometer, oven mitt, tablespoon



**1 TOAST QUINOA**

 **Preheat oven to 425 degrees.** Mince **garlic**. De-stem **parsley** and **mint**; roughly chop leaves together. Heat 1-2 tablespoons olive oil in a medium pot (with lid) over medium heat. Add **white quinoa** and **golden beets and carrots** to hot pot; stir. Season with salt and pepper. Cook 1 minute, stirring frequently.



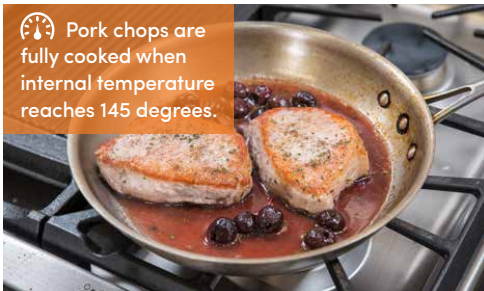
**2 COOK QUINOA**

Add about half of the **garlic** and 1 cup water to pot with quinoa. Stir. Bring to a boil. Reduce heat to medium-low; cover. Cook 16 minutes, or until quinoa is tender and water is absorbed. Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add **mint and parsley**. Drizzle with 1 tablespoon olive oil. Salt and pepper to taste. Stir to combine.




**3 SEAR PORK CHOPS**

Meanwhile, de-stem **thyme**; finely chop leaves. Season both sides of **boneless pork chops** with salt and pepper. Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add pork to hot pan. Sear 3 minutes. Flip. Sear 2 minutes.



**4 ROAST PORK CHOPS**

Add **cherries, white balsamic vinegar**, about half of the **thyme**, and about ¼ cup water to pan with pork. Swirl pan to combine. Transfer pan to oven. Roast 6-8 minutes, or until pork chops are fully cooked.  (See Step 7 to finish.)



**5 PREP VEGGIES & COOK ONION**

Meanwhile, cut ends off **red onion** and remove peel. Cut lengthwise into about ½-inch thick strips. Remove any fibrous strings from **snap peas**. Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add onion to hot pan. Season with salt and pepper. Stir. Cook 4-5 minutes, or until onion is soft and lightly browned, stirring occasionally.




**6 ADD SNAP PEAS**

Add **snap peas**, remaining **garlic**, remaining **thyme**, and about 1-2 tablespoons water to pan with onion. Season with salt and pepper. Stir. Cook 2-4 minutes, or until snap peas are crisp-tender, stirring occasionally. Remove from heat.



**7 MAKE PAN SAUCE**

Transfer **pork** to cutting board. Let rest at least 3 minutes. Return pan with cherries and balsamic vinegar to stovetop over medium heat. Add **butter** to pan.  Stir until butter melts and is fully incorporated into sauce (handle is hot!). Cook 1-2 minutes, or until sauce reduces by one-third. Salt and pepper to taste.



**8 PLATE YOUR DISH**

Cut **pork chops** into 5-7 slices each. Divide **veggie-studded quinoa** and **snap peas** between plates. Fan pork over top and drizzle with **cherry-balsamic pan sauce**. Enjoy!



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