



HAWAIJ-RUBBED PORK CHOPS

Herb sauce, braised squash & chard, pistachios

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
420

NET CARBS PER SERVING
20 GRAMS

MENU
KETO // GLUTEN-FREE

Middle Eastern flavors star in this savory dish. Boneless pork chops are seasoned with hawaij (ha-WHY-edge) – a vibrant spice blend commonly used in Yemeni and Israeli cuisines. Pan-seared and drizzled in an herbaceous parsley and cilantro-based sauce, the pork is served over braised butternut squash, chard, and cabbage. Chopped pistachios add a light crunch on top.

INGREDIENTS (11 ITEMS)

- 2 (5 oz) **Boneless pork chops**
- 1 ½ tbsp **Hawaij spice blend**
- ¼ cup **Spiced herb sauce** T
- 6 oz **Butternut squash**
- 5 ¼ oz **Green chard***
- 3 ½ oz **Red & green cabbage***
- ¼ oz **Garlic**
- 1 small **Yellow onion**
- ½ cup **Seasoned lemon-garlic tomato broth**
- ¼ cup **Pistachios** T
- ½ tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

- medium sauté pan
- large sauté pan with lid
- measuring cup & spoons
- peeler
- thermometer

ALLERGENS

- T TREE NUT

*You may receive different color varieties of these ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

1 PREP VEGGIES.

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into about ½-inch pieces.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and medium dice into about ½-inch pieces.
- Mince **garlic**.
- Roughly chop **green chard** (with stems) into bite-size pieces.

**Another Option: If you don't have a sharp peeler, carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



2 PREP NUTS

- Shell **pistachios**. Roughly chop **nuts**.*

**Chef's Tip: Open a tightly closed pistachio shell by inserting the tip of an empty shell into the opening and twisting.*



3 BRAISE VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash** and **onion** to hot pan. Lightly season with salt and pepper. Stir to combine. Cook 3-4 minutes, or until onion begins to soften, stirring occasionally.
- Add **garlic** and **red and green cabbage**; stir. Cook 2-3 minutes, or until cabbage is slightly softened, stirring occasionally.
- Add **seasoned lemon-garlic tomato broth** and ½ cup water. Stir to combine. Bring to a simmer, then reduce heat to medium. Cover pan with lid. Cook 8 minutes, stirring occasionally.
- Add **chard**; stir. Cook 2-3 minutes (uncovered), or until squash is tender. Remove from heat.

Did You Know? Braising is a two-step cooking process that usually uses a high-heat sear followed by a long simmer in a liquid.



4 SEASON PORK

- Season both sides of **boneless pork chops** with **hawaii spice blend**, salt, and pepper. Rub to evenly coat.

5 COOK PORK

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear 5-8 minutes on each side, or until pork is fully cooked (or to desired doneness).*
- Transfer **pork** to cutting board. Let rest at least 3 minutes.

**Take Note: Pork chops are fully cooked when internal temperature reaches 145 degrees.*



6 PLATE YOUR DISH

- Cut **pork** into 5-6 slices each.
- Divide **braised veggies** between plates. Fan **hawaii-rubbed pork chops** over veggies. Drizzle with **spiced herb sauce**. Garnish dish with **pistachios** and **crushed red pepper flakes** (to taste).
- Enjoy!

