



# PORK WITH BALSAMIC FIG SAUCE

*Herbed ricotta, Parmesan-crust vegetables, pine nuts*

<b>COOK TIME</b> 35 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 870	<b>NET CARBS PER SERVING</b> 20 GRAMS	<b>MENU</b> KETO // GLUTEN-FREE
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Balsamic fig pan sauce is like an Italian-style sweet and sour with a big hit of umami. Finely chopped dried figs are cooked with balsamic until the fruit is softened and the vinegar turns syrupy. It's mounted with butter for silky richness, then spooned over Italian herb-seasoned pork chops. To complement the pork, there's herbed ricotta mixed with crushed red pepper flakes for dipping, plus tender roasted broccoli and cabbage blanketed in melted Parmesan cheese. As a finishing touch, everything is sprinkled with toasted pine nuts for a buttery crunch.

### INGREDIENTS (10 ITEMS)

- 6 oz **Broccoli**
- 3 ½ oz **Cabbage**
- 1 ¼ oz **Dried figs**
- 4 oz **Ricotta cheese** M
- 1 tsp **Italian seasoning**
- ½ oz **Crushed red pepper flakes**
- ½ oz **Pine nuts** T
- 2 (6 oz) **Boneless pork chops\***
- 1 oz **Balsamic vinegar**
- 1 oz **Parmesan cheese** M

### WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

### ALLERGENS

- M MILK
- T TREE NUTS (pine nuts)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Pork is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



## 1 PREP

- Preheat oven to 400 degrees.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Roughly chop **cabbage**\* if necessary.
- Cut stem ends off **dried figs**; discard. Finely chop **dried figs**.

\*The ingredient you received may be a different color.

COOKING FOR  
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If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



## 2 ROAST BROCCOLI & CABBAGE

- Place **broccoli** and **cabbage** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Toss to coat.
- Spread **broccoli and cabbage** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14-16 minutes, or until tender. Remove from oven. (You'll finish the vegetables in Step 7.)

## 3 MAKE HERBED RICOTTA

- Place **ricotta cheese**, about 1 tablespoon olive oil, and about half of the **Italian seasoning** in a small bowl. Season with **crushed red pepper flakes**\* to taste and a pinch of salt and pepper. Stir to combine.

\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.

## 4 TOAST PINE NUTS

- Place **pine nuts** in a dry medium sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to a cutting board. Roughly chop cooled **pine nuts**.

## 5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with remaining **Italian herb seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Heat about 1 ½ tablespoons cooking oil in pan used for pine nuts over medium-high heat. Add **pork** to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

## 6 MAKE BALSAMIC FIG SAUCE

- Return pan used for pork to stovetop over medium heat. Add **dried figs**, **balsamic vinegar**, and 2 tablespoons water to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until dried figs begin to soften and sauce is mostly reduced, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir to incorporate.

## 7 FINISH BROCCOLI & CABBAGE

- Sprinkle **roasted broccoli and cabbage** with **Parmesan cheese**.
- Return baking sheet to oven for 2-4 minutes, or until cheese begins to melt.

## 8 PLATE YOUR DISH

- Cut **pork chops** into 5-7 pieces each.
- Spread **herbed ricotta** on one side of each plate. Top with **pork chops**. Drizzle **balsamic fig sauce** over pork. Garnish with **toasted pine nuts** and any remaining **crushed red pepper flakes** to taste (or omit). Serve **Parmesan-crust broccoli and cabbage** on the side. Enjoy!

