



**GREEN
CHEF**

PORK WITH BALSAMIC TOMATO SAUCE

roasted spaghetti squash, mozzarella, basil pesto

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

910

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE

For this Italian-inspired dish, we pair roasted pork tenderloins with nourishing, keto-friendly spaghetti squash instead of traditional pasta. Raking the tines of a fork over the roasted squash yields perfectly noodly strands, and here, we toss them with melty mozzarella cheese for creamy richness and drizzle them in basil pesto for an herbal flourish. Spoonfuls of balsamic tomato pan sauce add tangy richness to the pork.

INGREDIENTS (7 ITEMS)

17½ oz **Spaghetti squash**
 ¼ tsp **Garlic, paprika & herb blend**
 1 whole **Roma tomato**
 2 (6 oz) **Pork tenderloins***
 1 oz **Balsamic vinaigrette with olive oil**
 2 oz **Mozzarella cheese** ^M
 2 oz **Dairy-free basil & garlic pesto** ^T

WHAT YOU'LL NEED

large oven-safe sauté pan
 baking sheet
 medium bowl
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 2 tbsp butter ^M
 salt & pepper

ALLERGENS

^M MILK
^T TREE NUTS (almonds)



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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 SEASON & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with **garlic, paprika, and herb blend**, salt, and pepper.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork.

COOKING FOR
4

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 PREP

- Medium dice **Roma tomato** into pieces, about ½ inch each.

3 SEASON & SEAR PORK

- Pat **pork tenderloins** dry with paper towels. Season with salt and pepper.
- Heat about 1½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear about 3 minutes on each side.

4 MAKE BALSAMIC TOMATO SAUCE

- Add **tomato** to pan around **pork**. Cook about 1 minute, stirring **tomato** occasionally.
- Add **balsamic vinaigrette with olive oil** and 2 tablespoons butter. Stir until butter melts.

5 ROAST PORK

- Transfer pan with **pork and sauce** to oven. Roast 8-12 minutes, or until pork is fully cooked.*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

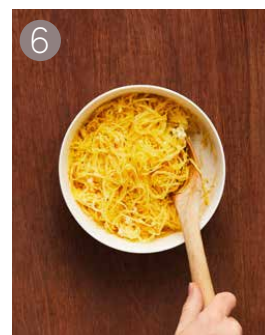
6 FINISH SQUASH

- Separate **squash strands** from peel with a fork.*
- Transfer **squash strands** to a medium bowl. Sprinkle with **mozzarella cheese**. Stir until cheese melts. Season with salt and pepper to taste.

**We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

7 PLATE YOUR DISH

- Cut **pork tenderloins** into 5-7 slices each.
- Divide **pork** between plates. Spoon **balsamic tomato sauce** over top. Serve **cheesy spaghetti squash** on the side. Drizzle **dairy-free basil and garlic pesto** over squash to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (498g)

Amount per serving

Calories 910

	% Daily Value*
Total Fat 75g	96%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 550mg	24%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 359mg	30%
Iron 3mg	15%
Potassium 371mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Pork Tenderloin [pork], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roma Tomatoes**, **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Spaghetti Squash**, **Garlic**, **Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder)

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.