



**GREEN
CHEF**

PORK WITH LEMON-BASIL CAPER SAUCE

Sautéed cauliflower, bell pepper, feta cheese & almonds

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

760

NET CARBS PER SERVING

11 GRAMS

MENU

KETO // GLUTEN-FREE

Pork tenderloins get the royal treatment in this savory dish. Dusted in a smoky-sweet spice blend (featuring sweet and smoked paprika with dried orange peel), the tenderloins are pan-seared and roasted to perfection. Our luxurious lemon-basil caper sauce is drizzled over top for bright and tangy notes. Sautéed cauliflower with red bell pepper, feta cheese, and almonds completes the plate.

INGREDIENTS (8 ITEMS)

8 ¾ oz **Cauliflower**
1 whole **Shallot**
3 ½ oz **Red bell pepper**
½ oz **Roasted almonds** T
2 (6 oz) **Pork tenderloins***
1 tsp **Paprika & orange spice blend**
2 oz **Feta cheese** M
1 ¾ oz **Lemon-basil caper sauce**

WHAT YOU'LL NEED

medium oven-safe sauté pan
large sauté pan
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
M MILK



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

PREP

- Preheat oven to 375 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Medium dice **red bell pepper*** into pieces, about ½ inch each.
- Roughly chop **roasted almonds**.

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

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

SEASON & SEAR PORK

- Pat **pork tenderloins** dry with paper towels. Place in a medium bowl. Season with **paprika and orange spice blend**, salt, and pepper. Drizzle with 1-2 tablespoons cooking oil. Rub to coat.
- Heat about 1 tablespoon cooking oil in a medium oven-safe sauté pan over medium heat. Add **pork** to hot pan. Sear 3-5 minutes on each side.

3

ROAST PORK

- Transfer pan with pork 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.*

4

SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** and **shallot** to hot pan. Lightly season with salt and pepper. Stir to combine. Cook 5-7 minutes, or until cauliflower begins to brown, stirring occasionally.*
- Add **bell pepper** and **almonds**. Stir to combine. Cook 3-4 minutes, or until cauliflower is tender, stirring occasionally.
- Remove from heat. Sprinkle with most of the **feta cheese**. Stir to combine.

**If pan seems dry while cooking, add another tablespoon of cooking oil.*

5

PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **roasted pork tenderloins** between plates. Drizzle with **lemon-basil caper sauce** to taste. Serve **sautéed veggies** next to pork. Garnish with remaining **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (454g)

Amount per serving

Calories 760

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 830mg	36%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 3mg	15%
Potassium 627mg	15%

* 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:
Bell Peppers, Shallot, Almonds [almonds], **Cauliflower, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Basil, Capers [capers, water, vinegar, salt], Olive Oil [olive oil]), **Pork Tenderloin** [pork], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

Allergen information:
Contains Milk And Tree Nuts

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.