



SOUTHWEST PORK PATTIES

butternut squash hash with kale, cabbage, tomato & pepitas

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
860

NET CARBS PER SERVING
19 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Harnessing the power of the Maillard reaction (aka the scientific process responsible for creating delicious browning in the pan), we sear tonight's pork patties in a sizzling-hot skillet. The result is juicy patties fragrant with Southwestern-style chili spices and sealed with a deeply flavorful crust. Served over a butternut squash hash with kale and cabbage, the patties are drizzled with a cilantro vinaigrette for bold, herby brightness.

INGREDIENTS (9 ITEMS)

- 8¾ oz **Butternut squash***
- ½ oz **Pepitas**
- 1 whole **Lime**
- 3½ oz **Lacinato kale**
- 1¼ oz **Cabbage**
- 1 whole **Roma tomato**
- 1½ tsp **Orange-chili spice blend**
- 10 oz **Ground pork****
- 2 oz **Cilantro cider vinaigrette**

WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- mixing bowls
- measuring spoons
- peeler
- microplane
- thermometer
- oven mitt
- cooking oil
- salt & pepper

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

Validated
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.

*Due to the varying nature of organic produce, we may have sent a larger squash than needed.
**Ground pork is fully cooked when internal temperature reaches 160 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.* Medium dice into pieces, about ½ inch each.**
- Roughly chop **pepitas**.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a large bowl. Quarter **lime**.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **cabbage***** if necessary.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

**If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

***Use about 1½ cups squash, saving the rest for another day. If you have a food scale, use 8½ ounces to stay under 20 grams of net carbs per serving.*

****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 & ROAST SQUASH

- Add **squash** and **pepitas** to bowl with **lime zest**. Squeeze juice from 1-2 **lime wedges** over bowl. Drizzle with about 2 tablespoons cooking oil. Season with about half of the **orange-chili spice blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **squash and pepitas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-20 minutes, or until squash is fork-tender, stirring halfway through.

3 MAKE MIXTURE & FORM PATTIES

- Place **ground pork** in a medium bowl. Season with salt, pepper, and remaining **orange-chili spice blend**. Add about 1 tablespoon of the **cilantro cider vinaigrette**. Mix thoroughly to evenly distribute ingredients.
- Form **pork mixture** into two patties, about ½ inch thick.*

**To help your patties keep their shape, make a small indentation in the center of each.*

4 COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Sear 4-5 minutes on each side, or until fully cooked.

5 START HASH

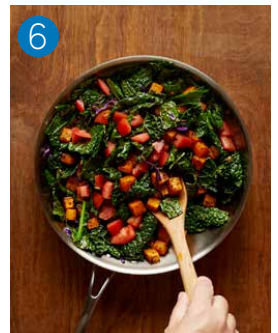
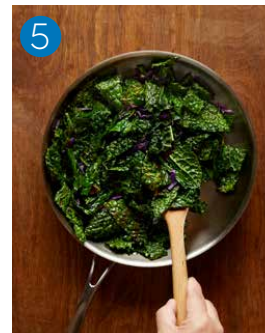
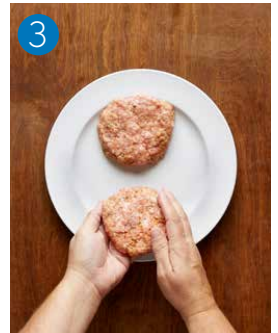
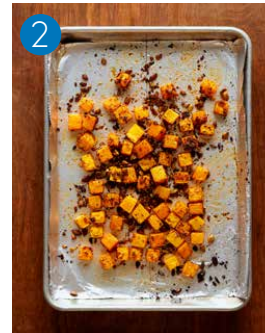
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **kale** and **cabbage** to hot pan. Lightly season with salt and pepper. Cook 2-3 minutes, or until kale is wilted, stirring occasionally. Remove from heat.

6 FINISH HASH

- Transfer **squash and pepitas** to pan with **kale and cabbage**. Add **tomato**. Drizzle with about 1 tablespoon of the remaining **vinaigrette**. Stir to combine. Season with salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **butternut squash hash** between plates. Top with **Southwest pork patties**. Drizzle with remaining **vinaigrette**. Serve with remaining **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (457g)

Amount per serving

Calories **860**

	% Daily Value*
Total Fat 73g	94%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1000mg	43%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 167mg	15%
Iron 4mg	20%
Potassium 1196mg	25%

* 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:

Ground Pork [pork], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Cilantro Cider Vinaigrette** (Cilantro, Apple Cider Vinegar [apple cider vinegar], Garlic, Olive Oil [olive oil], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Sea Salt), **Butternut Squash**, **Lime**, **Pepitas** [pumpkin seed kernels], **Lacinato Kale**, **Roma Tomatoes**, **Red Cabbage**

Allergen information:

Contains No Allergens

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.