



**GREEN
CHEF**

PORK PATTIES WITH AJÍ VERDE

sautéed yellow squash, sautéed cabbage with cotija & pepitas

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

910

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

A Peruvian staple, ají verde is a creamy, herby green sauce that shines on everything from grilled meat to roasted veggies. For tonight's dinner, a drizzle of our ají verde (made here with avocado mayo, cilantro, and lemon juice) is the ideal complement to chili-seasoned pork patties pan-seared to juicy perfection. Sautéed yellow squash and a side of cabbage with cotija and pepitas round out the plate.

INGREDIENTS (8 ITEMS)

1 whole **Yellow squash**
10 oz **Ground pork***
1 tbsp **Orange-chili spice blend**
½ oz **Pepitas**
½ tsp **Cumin seeds**
8½ oz **Cabbage**
1¼ oz **Cotija cheese** **M**
2 oz **Dairy-free ají verde sauce** **E**

WHAT YOU'LL NEED

medium & large sauté pans
baking sheet
medium bowl
measuring spoons
thermometer
oven mitt
cooking oil
1 tbsp butter **M**
salt & pepper

ALLERGENS

M MILK

E EGGS



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 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](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 425 degrees.
- Trim ends off **yellow squash***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.

**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 PORK & FORM PATTIES

- Place **ground pork** in a medium bowl. Season with about 2 teaspoons of the **orange-chili spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Mix thoroughly to evenly distribute seasonings.*
- Form **pork** into two patties, about ½ inch thick.

**For best results, use your hands and gently fold the pork into itself until the seasonings are evenly distributed.*

3 SEAR 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 3-4 minutes on each side, or until lightly browned.

4 ROAST PATTIES

- Transfer **patties** to a lightly oiled, foil-lined baking sheet. (Reserve pan.) Roast 4-7 minutes, or until fully cooked.

5 SAUTÉ SQUASH

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **squash** to hot pan. Season with remaining **spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 5-6 minutes, or until lightly browned, stirring occasionally.
- Add 1 tablespoon butter. Cook about 1 minute, or until butter has melted, stirring frequently.

6 SAUTÉ CABBAGE

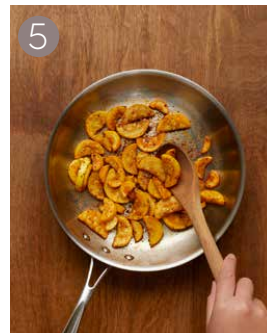
- Heat about 1 tablespoon cooking oil in pan used for patties over medium-high heat. Add **pepitas** to hot pan. Season with **cumin seeds**. Cook 1-2 minutes, or until pepitas are lightly toasted, stirring frequently.
- Add **cabbage***. Cook 3-4 minutes, or until cabbage is lightly wilted, stirring occasionally.
- Remove from heat. Add about half of the **cotija cheese**. Stir to combine. Season with salt and pepper to taste.**

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

***The cotija cheese is already salty; season accordingly.*

7 PLATE YOUR DISH

- Divide **pork patties** between plates. Drizzle with **dairy-free ají verde sauce** to taste. Serve **sautéed yellow squash** and **sautéed cabbage with cotija and pepitas** on the side. Garnish with remaining **cotija**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (462g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 79g	101%
Saturated Fat 20g	100%
Trans Fat 0g	
Cholesterol 150mg	50%
Sodium 1280mg	56%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 4mg	20%
Potassium 1015mg	20%

* 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], **Pepitas** [pumpkin seed kernels], **Green Cabbage, Red Cabbage, Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Cumin Seeds, Dairy-Free Ají Verde** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Cilantro, Onion Powder, Granulated Garlic, Sea Salt, Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon]), **Yellow Squash, 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)

Allergen information:

Contains Egg 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.