



ROASTED CURRY PORK CHOPS

mango chutney, cauliflower "rice" with kale, coconut & almonds

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
710

NET CARBS PER SERVING
19 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

This dish has all the rich, satisfying flavors of Indian cuisine, delivered to your dinner table in just 25 minutes. Curry-seasoned pork chops are pan-seared, then roasted in the oven. They're served atop a mound of sautéed cauliflower "rice" strewn with leafy kale, toasted coconut flakes, and sliced almonds. A homemade mango chutney adds a bright, tropical finish thanks to notes of orange and pineapple.

INGREDIENTS (9 ITEMS)

- 3 oz **Mangos**
- 2¾ oz **Lacinato kale**
- 2 (6 oz) **Boneless pork chops***
- 2½ tsp **Sweetened yellow curry** T
- 1¾ oz **Orange-pineapple glaze** T
- ½ tsp **Crushed red pepper flakes**
- 9 oz **Cauliflower "rice"**
- ½ oz **Toasted coconut flakes** T
- ½ oz **Sliced almonds** T

WHAT YOU'LL NEED

- medium & large sauté pans
- baking sheet
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds, coconut)

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.

*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 400 degrees.
- Finely chop **mangos** (reserve any juice in pouch).
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.

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 **boneless pork chops** dry with paper towels. Season with **sweetened yellow curry**, salt, and pepper. Drizzle with 1-2 teaspoons cooking oil. Rub to coat.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Sear 2-3 minutes on each side.

3 **ROAST PORK**

- Transfer **pork** to a lightly oiled, foil-lined baking sheet. Roast 5-7 minutes, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

4 **MAKE CHUTNEY**

- Heat about 1 tablespoon olive oil in pan used for pork over medium heat. Add **mangos** to hot pan. Cook 1-2 minutes, or until lightly browned, stirring occasionally.
- Remove from heat. Add **orange-pineapple glaze** and any reserved **mango juice** from pouch. Season with salt, pepper, and about half of the **crushed red pepper flakes***. Stir to combine.

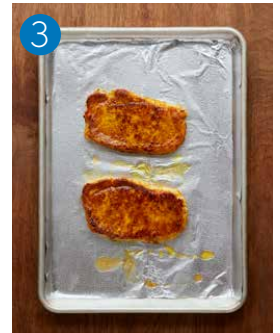
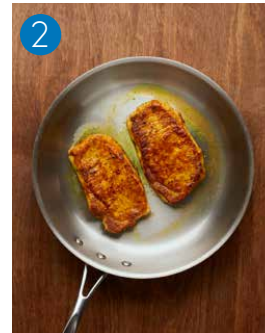
**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

5 **MAKE CAULIFLOWER "RICE"**

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice," kale, toasted coconut flakes, and sliced almonds** to hot pan. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 4-5 minutes, or until cauliflower is tender, stirring occasionally.

6 **PLATE YOUR DISH**

- Cut **pork chops** into 6-8 slices each.
- Divide **cauliflower "rice" with kale, coconut, and almonds** between plates. Fan **roasted curry pork chops** over veggies. Top with **mango chutney** to taste. Sprinkle with remaining **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories 710

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 470mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 8g	29%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 1mcg	6%
Calcium 194mg	15%
Iron 4mg	20%
Potassium 831mg	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:

Pork Chops [pork], **Sweetened Yellow Curry** (Yellow Curry Powder [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], Coconut Sugar [organic coconut sugar]), **Orange-Pineapple Glaze** (Orange Juice [organic orange juice], Pineapple Juice [pineapple juice], Lime Juice [lime], Coconut Nectar [coconut tree sap], Cilantro, Granulated Garlic, Puréed Ginger [ginger], Apple Cider Vinegar [apple cider vinegar]), **Mangos** [mango], **Almonds** [almonds], **Toasted Coconut Flakes** [coconuts], **Lacinato Kale**, **Cauliflower**, **Crushed Red Pepper Flakes**

Allergen information:

Contains 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.