



**GREEN
CHEF**

PORK CHOPS WITH BASIL PESTO

sautéed broccoli with sun-dried tomatoes, artichokes & feta

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

770

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

Layers of herby basil pesto and nutty sunflower seeds give tonight's boneless pork chops textural dimension and flavorful depth. Seared until golden brown, the pork is paired with a side of sautéed broccoli, sun-dried tomatoes, and artichoke hearts for earthy-sweet flavors. Feta cheese crumbles are sprinkled over the top for a creamy accent.

INGREDIENTS (9 ITEMS)

¼ oz **Sun-dried tomatoes**
 6 oz **Broccoli**
 1 whole **Shallot**
 1¼ oz **Artichoke hearts**
 ½ oz **Sunflower seeds**
 2 (6 oz) **Boneless pork chops***
 1 tsp **Lemon pepper & herb seasoning**
 2 oz **Feta cheese** **M**
 2 oz **Dairy-free pesto with garlic** **T**

WHAT YOU'LL NEED

medium & large sauté pans
 small bowl
 measuring cup & spoons
 thermometer
 cooking oil
 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 START PREP

- Place **sun-dried tomatoes** in a small bowl. Cover with about ¼ cup water. Let soak at least 5 minutes, or until softened.
- Once softened, roughly chop **tomatoes** (reserve soaking liquid).

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 FINISH PREP

- Thinly slice **broccoli** lengthwise.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **artichoke hearts**.
- Finely chop **sunflower seeds**.

3 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **lemon pepper and herb seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-4 minutes on each side, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

4 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **broccoli** and **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until shallot is softened, stirring occasionally.
- Add **tomatoes** (with reserved soaking liquid), **artichokes**, and about half of the **feta cheese**. Cook 2-3 minutes, or until liquid has cooked off, stirring occasionally. Season with salt and pepper to taste.

5 PLATE YOUR DISH

- Divide **pork chops** between plates. Spread **dairy-free pesto with garlic** over top. Sprinkle with **sunflower seeds**. Serve **sautéed veggies** on the side. Garnish veggies with remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (395g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 58g	74%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 1080mg	47%
Total Carbohydrate 19g	7%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 0mcg	0%
Calcium 305mg	25%
Iron 4mg	20%
Potassium 760mg	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:

Pork Chops [pork], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Sun-Dried Tomatoes** [organic dried tomatoes], **Shallot**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Dairy-Free Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Ascorbic Acid [ascorbic acid]), **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sunflower Seeds** [sunflower kernels, sunflower oil], **Broccoli**

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.