



**GREEN  
CHEF**

# BARBECUE PORK MEATLOAVES

*Green beans with toasted pecans, cabbage & apple slaw*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

640

## NET CARBS PER SERVING

20 GRAMS

## MENU

KETO // PALEO // GLUTEN-FREE

Tonight's pork meatloaves come with a delicious twist. Here, grated apple is folded into the mix, bringing sweet, crisp notes to the savory loaves. A layer of barbecue sauce (that gets nice and glazy in the oven) adds bold, tangy flavors over top. Pecan-studded green beans lend an earthy element to the dish, while a crisp cabbage slaw offers a bright, refreshing contrast.

## INGREDIENTS (7 ITEMS)

10 oz **Ground pork**  
2 ¾ oz **Barbecue sauce**  
6 oz **Green beans**  
½ oz **Pecans** <sup>T</sup>  
3 ½ oz **Cabbage\***  
1 whole **Gala apple**  
1 ¼ oz **Cumin-herb lemon vinaigrette**

## WHAT YOU'LL NEED

medium sauté pan  
baking sheet  
mixing bowls  
measuring spoons  
box grater  
thermometer  
oven mitt  
cooking oil  
salt & pepper

## ALLERGENS

<sup>T</sup> TREE NUTS (pecans)



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 Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*This ingredient may be a different color. Either way, this dish will still be delicious!

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 [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



1

## PREP

- Preheat oven to 450 degrees.
- Stand **Gala apple** upright and cut off sides around core; discard core. **Grate** half of the apple on large holes of a box grater into a large bowl. Lay remaining half flat and cut lengthwise into **slices**, about ¼ inch thick.
- Roughly chop **cabbage** if necessary.
- Trim stem ends off **green beans**; discard. Halve widthwise.
- Roughly chop **pecans** if necessary.

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

## MAKE MIXTURE & FORM MEATLOAVES

- Add **ground pork** to bowl with **grated apple**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute apple and seasoning.\*
- Form **meatloaf mixture** into two loaves, about ¾ inch thick.

*\*For the best results, use your hands and gently fold the meatloaf mixture into itself until the apple and seasoning are evenly distributed.*

3

## BAKE MEATLOAVES

- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Spread **barbecue sauce** over tops of meatloaves.
- Transfer baking sheet to oven. Bake 15-20 minutes, or until meatloaves are fully cooked.\*

*\*Ground pork is fully cooked when internal temperature reaches 160 degrees.*

4

## MAKE SLAW

- Place **cabbage** and **apple slices** in a medium bowl. Drizzle with **cumin-herb lemon vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

5

## SAUTÉ GREEN BEANS

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until green beans begin to soften, stirring occasionally.
- Add **pecans**.\* Cook 2-4 minutes, or until green beans are tender and pecans are toasted, stirring occasionally.

*\*If the pan seems dry while cooking, add another 1-2 teaspoons cooking oil.*

6

## PLATE YOUR DISH

- Divide **barbecue pork meatloaves** between plates. Serve **sautéed green beans with toasted pecans** and **cabbage and apple slaw** on the side. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (390g)

Amount per serving

Calories 640

	% Daily Value*
<b>Total Fat</b> 48g	62%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1030mg	45%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 6g Added Sugars	12%
<b>Protein</b> 28g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3mg	15%
Potassium 473mg	10%

\* 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:**  
**Green Cabbage, Red Cabbage, Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Green Beans, Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic), **Ground Pork** [pork], **Gala Apple, Barbecue Sauce** (Garlic, Yellow Onions, Tomato Paste [vine ripened organic tomatoes], Maple Syrup [pure maple syrup], Orange Juice [organic orange juice], Apple Cider Vinegar [apple cider vinegar], Molasses [blackstrap molasses], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika)

**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.