



**GREEN  
CHEF**

## PAPRIKA-ORANGE PORK CHOPS

*Sautéed cauliflower with dried apricots, red peppers & hazelnuts*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

610

### NET CARBS PER SERVING

18 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Tonight's hearty low-carb dinner gets a smoky, citrusy kick from our paprika-orange spice blend. Featuring smoked and sweet paprika, dried orange peel, and parsley, the seasoning is dusted over juicy pan-seared pork chops, drizzled in a lemon-basil caper sauce for a tangy, savory bite. Tender cauliflower, sautéed with roasted red peppers, sweet apricots, and crunchy hazelnuts, brings the dish to a harmonious finish.

### INGREDIENTS (8 ITEMS)

2 (6 oz)	<b>Boneless pork chops</b>
1 tsp	<b>Paprika &amp; orange spice blend</b>
10 oz	<b>Cauliflower</b>
1 ¼ oz	<b>Dried apricots</b>
1 oz	<b>Roasted red peppers</b>
1 whole	<b>Shallot</b>
½ oz	<b>Hazelnuts</b> <small>T</small>
1 ¼ oz	<b>Lemon-basil caper sauce</b>

### WHAT YOU'LL NEED

medium & large sauté pans  
measuring spoons  
thermometer  
cooking oil  
salt & pepper

### ALLERGENS

T TREE NUTS (hazelnuts)



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.

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



1

## PREP

- Cut **cauliflower** into bite-size pieces if necessary.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **dried apricots**.\*
- Roughly chop **hazelnuts** if necessary.

*\*Our dried apricots are packaged without preservatives, lending them a darker 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 & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **paprika and orange spice blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Cook 3–4 minutes on each side, or until pork is fully cooked.\*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

*\*Pork is fully cooked when internal temperature reaches 145 degrees.*



3

## START CAULIFLOWER

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **cauliflower** and **shallot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until cauliflower begins to brown, stirring occasionally.



4

## FINISH CAULIFLOWER

- Add **apricots, roasted red peppers, and hazelnuts** to pan with **cauliflower**. Lightly season with salt and pepper. Cook 2–3 minutes, or until hazelnuts are fragrant, stirring occasionally.
- Add about 2 tablespoons water. Cook 1–2 minutes, or until cauliflower is tender, stirring occasionally. Salt and pepper to taste.\*

*\*Taste the cauliflower after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*



5

## PLATE YOUR DISH

- Cut **pork** into 6–8 slices each.
- Divide **cauliflower with dried apricots, roasted red peppers, and hazelnuts** between plates. Fan **paprika-orange pork chops** next to veggies. Drizzle **lemon-basil caper sauce** over pork. Enjoy!





**Nutrition Facts**

2 Servings per container

**Serving size** (394g)

**Amount per serving**

**Calories** 610

	% Daily Value*
<b>Total Fat</b> 43g	55%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 840mg	37%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 35g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 3mg	15%
Potassium 611mg	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:**  
**Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Hazelnuts, Cauliflower, Lemon-Basil Caper Sauce** (Lemon Juice, White Balsamic Vinegar [white wine vinegar, concentrated grape must], Basil, Capers [capers, citric acid, water, sea salt], Olive Oil), **Dried Apricots, Shallot, Pork Chops, Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

**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.*