



**GREEN
CHEF**

CUMIN-ROASTED PORK CHOPS

Roasted veggies with cotija & pepitas, creamy chimichurri sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

820

NET CARBS PER SERVING

16 GRAMS

MENU

KETO // GLUTEN-FREE

Ground cumin adds warm and earthy Mexican-inspired flavors to tonight's keto-friendly dinner. Pork chops are coated in the spice, then pan-seared and roasted to juicy perfection. They're served over roasted kabocha squash (a Japanese variety of winter squash), red bell pepper, cabbage, and red onion. It's all finished with a drizzle of creamy chimichurri, while toasted pepitas add a satisfying crunch throughout.

INGREDIENTS (9 ITEMS)

2 (6 oz) **Boneless pork chops**
1 tsp **Ground cumin**
6 oz **Kabocha squash**
1 whole **Red bell pepper***
4 ¼ oz **Cabbage***
1 whole **Red onion**
1 oz **Cotija cheese** M
½ oz **Pepitas**
2 oz **Creamy chimichurri with avocado mayo** E

WHAT YOU'LL NEED

large oven-safe sauté pan
baking sheet
measuring spoons
thermometer
oven mitt
cooking oil
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 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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Preheat oven to 400 degrees.
- Remove seeds from **kabocha squash** with a spoon. Carefully remove peel with a sharp knife.* Large dice into pieces, about ¾ inch each.

**Place squash cut-side down, then slice away the skin, curving your knife with the shape of the squash as you go.*

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

- Cut sides off **red bell pepper**. Discard seed pod and stem. Large dice into pieces, about ¾ inch each.
- Roughly chop **cabbage** if necessary.
- Cut ends off **red onion*** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.

**We recommend using the whole onion in this recipe, but feel free to add it to your taste.*

3 START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add **squash**, **bell pepper**, **cabbage**, and **onion** to hot pan. Season with salt and pepper. Cook 3–4 minutes, or until bell pepper begins to soften, stirring occasionally.

4 FINISH VEGGIES

- Transfer **veggies** to a lightly oiled, foil-lined baking sheet. Spread out in a single layer. Roast about 10 minutes, or until veggies are just tender, stirring halfway through.
- Sprinkle **cotija cheese** over veggies. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 5–7 minutes, or until veggies are fork tender.

5 TOAST PEPITAS

- Heat about 1 tablespoon cooking oil in pan used for veggies over medium heat. Add **pepitas** to hot pan. Season with salt and pepper. Cook 2–3 minutes, or until pepitas are lightly toasted, stirring occasionally. Transfer **pepitas** to a plate.

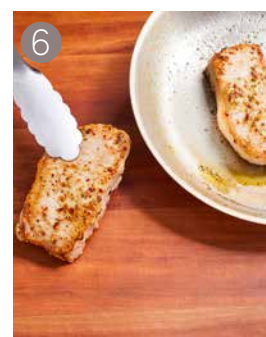
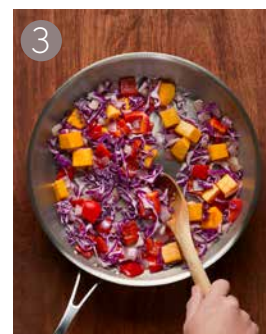
6 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **ground cumin**, salt, and pepper.
- Heat 1–2 tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **pork** to hot pan. Cook 2–3 minutes.
- Flip **pork**. Transfer pan to oven. Roast 5–7 minutes, or until pork is fully cooked.* (Pork is fully cooked when internal temperature reaches 145 degrees.)
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

**Careful! To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

7 PLATE YOUR DISH

- Cut **pork** into 6–8 slices each.
- Divide **roasted veggies with cotija** between plates. Fan **cumin-roasted pork chops** over top. Drizzle with **creamy chimichurri with avocado mayo** to taste. Garnish with **toasted pepitas**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (513g)

Amount per serving

Calories 820

| | % Daily Value* |
|--------------------------|----------------|
| Total Fat 63g | 81% |
| Saturated Fat 12g | 60% |
| Trans Fat 0g | |
| Cholesterol 120mg | 40% |
| Sodium 870mg | 38% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 7g | 25% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| Protein 45g | |
| Vitamin D 0mcg | 0% |
| Calcium 252mg | 20% |
| Iron 4mg | 20% |
| Potassium 485mg | 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:
Pork Chops, Ground Cumin, Red Onion, Kabocha Squash, Bell Peppers, Red Cabbage, Pepitas, Cotija Cheese [cultured pasteurized grade A milk and skim milk, sea salt and enzymes], Creamy Chimichurri (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Lemon Juice, Olive Oil, Avocado Oil Mayonnaise [avocado oil, egg yolks, distilled vinegar, water, salt, mustard flour])

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.