



**GREEN
CHEF**

GREEK PORK COUSCOUS BOWLS

chard, tomato, dried figs, feta, pistachios, yogurt sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

760

There's a lot to love about the variety of flavors and textures in this Mediterranean-inspired couscous bowl. Diced pork tenderloin is pan-seared with dried figs, then served over a hearty base of tender pearl couscous strewn with chard and feta. A drizzle of our creamy lemon-basil yogurt sauce and a sprinkle of fresh tomato and crunchy pistachios tie it all together into one harmonious bowl.

INGREDIENTS (10 ITEMS)

1 whole **Vegetable stock concentrate**
 ½ cup **Toasted pearl couscous** **W**
 ½ oz **Pistachios** **T**
 ¼ oz **Dried figs**
 2¾ oz **Green chard**
 1 whole **Roma tomato**
 10 oz **Diced pork tenderloin***
 1½ tsp **Cumin, garlic & fennel blend**
 2 oz **Feta cheese** **M**
 2¼ oz **Lemon-basil yogurt sauce** **M**

WHAT YOU'LL NEED

small pot
 medium sauté pan
 measuring cup & spoons
 thermometer
 cooking & olive oils
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (pistachios)
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

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 and it's no longer pink in the center.

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 COUSCOUS

- Bring **vegetable stock concentrate**, $\frac{1}{4}$ cups water, and about $\frac{1}{4}$ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium-low. Simmer 11-14 minutes, or until couscous is al dente and water is absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 5.)

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 PREP

- Roughly chop **pistachios**.
- Trim stem ends off **dried figs**; discard. Roughly chop **figs**.
- Remove and discard any thick center stems from **green chard***. Roll leaves into a large "cigar" and slice across into ribbons, about $\frac{1}{4}$ inch wide.
- Small dice **Roma tomato** into pieces, about $\frac{1}{4}$ inch each.

*The ingredient you received may be a different color.

3 TOAST PISTACHIOS

- Place **pistachios** in a dry medium sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to a plate.

4 SEASON & COOK PORK

- Pat **diced pork tenderloin** dry with paper towels. Season with **cumin, garlic, and fennel blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in pan used for pistachios over medium-high heat. Add **pork** to hot pan. Cook 2-3 minutes, or until pork is lightly browned, stirring occasionally.
- Add **figs** and about 2 tablespoons water. Cook 2-3 minutes, or until pork is fully cooked, stirring occasionally.

5 FINISH COUSCOUS

- Add **chard** and about half of the **feta cheese** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.*

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

6 PLATE YOUR DISH

- Divide **couscous with chard** between bowls. Pile **sautéed pork with figs** over top. Drizzle with **lemon-basil yogurt sauce** to taste. Garnish with **tomato, toasted pistachios**, and remaining **feta**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (376g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1250mg	54%
Total Carbohydrate 53g	19%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 1g Added Sugars	2%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 266mg	20%
Iron 3mg	15%
Potassium 423mg	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:

Feta Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Dried Figs** [dried figs], **Pistachios** [pistachio], **Diced Pork Tenderloin** [pork], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Green Chard, Roma Tomatoes, Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Veggie Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Lemon-Basil Yogurt Sauce** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Sea Salt, Black Pepper, Dried Basil)

Allergen information:

Contains Tree Nuts, Milk And Wheat

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.

