



PORK CHOPS WITH SOUTHWEST CREMA

Sautéed zucchini & bell pepper, cotija, toasted pepitas, Cholula

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
660

NET CARBS PER SERVING
8 GRAMS

MENU
KETO // GLUTEN-FREE

Tonight, you'll whip up your own crema — a Mexican condiment reminiscent of sour cream — and give it a kick with scallion and our warming chili, cumin, and paprika blend. It's so easy to make, you'll want to drizzle it over everything! It lends spiced flavor and creamy texture to pan-seared pork chops, served alongside buttery sautéed zucchini and bell pepper studded with cotija cheese. Like a little heat? Finish things off with a drizzle of Cholula sauce.

INGREDIENTS (9 ITEMS)

- 2 (6 oz) **Boneless pork chops**
- 1 whole **Zucchini**
- 1 whole **Red bell pepper**
- 1 whole **Scallion**
- ¾ oz **Cotija cheese** M
- ½ oz **Pepitas**
- 2 oz **Sour cream** M
- 1 tsp **Cholula sauce**
- 1 ½ tsp **Chili, cumin & paprika blend**

WHAT YOU'LL NEED

- medium & large sauté pans
- small bowl
- measuring spoons
- thermometer
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

M MILK



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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Thinly slice **scallion** at an angle; discard root end.
- Roughly chop **pepitas**.
- Trim ends off **zucchini**;* discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Cut sides off **red bell pepper**.* Discard seed pod and stem. Cut lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

**Your squash and bell pepper may be a different color. Either way, this dish will still be delicious!*

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 SOUTHWEST CREMA

- Place **sour cream**, 1-2 teaspoons water, and about half of the **scallion** in a small bowl. Season with **chili, cumin, and paprika blend**, salt, and pepper. Stir to combine.

3 TOAST PEPITAS

- Place **pepitas** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently. Transfer **pepitas** to a cutting board.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt and pepper.
- Heat about 1 ½ 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.

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

5 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in pan used for pepitas over medium-high heat. Add **zucchini, bell pepper**, and 1 tablespoon butter to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-7 minutes, or until bell pepper softens, stirring occasionally.
- Remove from heat. Sprinkle with about half of the **cotija cheese**. Stir to combine.

6 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **pan-seared pork chops** between plates. Spoon **Southwest crema** over top. Pile **sautéed zucchini and bell pepper** on the side. Garnish with **toasted pepitas**, remaining **cotija cheese**, and remaining **scallion**. Drizzle with **Cholula sauce** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (448g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 660mg	29%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 44g	
Vitamin D 0mcg	0%
Calcium 210mg	15%
Iron 3mg	15%
Potassium 580mg	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, Zucchini, Bell Peppers, Pepitas, Cotija Cheese [cultured pasteurized grade A milk and skim milk, sea salt and enzymes], **Sour Cream** [cultured cream], **Scallions, Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, spices, xanthan gum], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder)

Allergen information:

Contains 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.