



**GREEN  
CHEF**

## ORANGE-PINEAPPLE GLAZED PORK

*Roasted green beans with cashews, sautéed bell pepper & carrots*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

570

### NET CARBS PER SERVING

20 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Tonight's dinner will transport your taste buds to the tropics, thanks to a citrusy, island-inspired sauce. Our orange-pineapple glaze (mixed with fresh ginger for a hint of spice) lends a tangy-sweet layer of flavor over juicy and savory pan-seared pork chops. A side of roasted green beans with toasty cashews makes for a savory, crunchy complement, while sautéed red bell pepper and carrots round out the dish with a pop of vibrant color.

### INGREDIENTS (8 ITEMS)

2 (5 oz) **Boneless pork chops**  
 2 ½ oz **Orange-pineapple glaze** <sup>T</sup>  
 ½ tsp **Chili & ginger spice rub**  
 6 oz **Green beans**  
 3 ½ oz **Red bell pepper**  
 1 ¾ oz **Carrots**  
 1 whole **Yellow onion**  
 ½ oz **Dry-roasted cashews** <sup>T</sup>

### WHAT YOU'LL NEED

medium & large sauté pans  
 baking sheet  
 small bowl  
 measuring spoons  
 thermometer  
 oven mitt  
 cooking oil  
 1 tsp sweetener  
 salt & pepper

### ALLERGENS

<sup>T</sup> TREE NUTS (cashews, coconut)



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 [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 PREP

- Preheat oven to 400 degrees.
- Trim stem ends off **green beans**. Halve widthwise.
- Cut **red bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and small dice into pieces, about ¼ inch each (reserve remaining half for another use).

*\*Your 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 SEASON GLAZE

- Pour **orange-pineapple glaze** into a small bowl. Add 1 teaspoon of your preferred sweetener. Stir to combine.

## 3 FINISH PREP &amp; ROAST GREEN BEANS

- Roughly chop **dry-roasted cashews** if necessary.
- Place **green beans** on lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 8-10 minutes, or until fork tender, stirring halfway through.
- Sprinkle **cashews** over **green beans**. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 1-2 minutes, or until cashews are lightly toasted.

## 4 SEASON &amp; COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt, pepper, and about half of the **chili and ginger spice rub**.
- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 2-4 minutes on each side.
- Drizzle **orange-pineapple glaze** over pork. Cook 1-2 minutes, or until pork is fully cooked\* and glaze is reduced by about one-third.

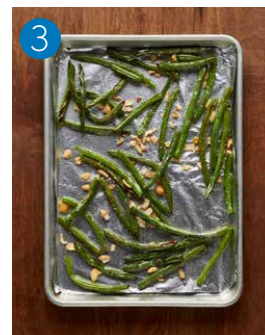
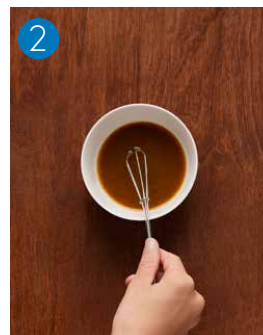
*\*Pork is fully cooked when internal temperature reaches 145 degrees.*

## 5 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper**, **carrots**, and **onion** to hot pan. Season with remaining **chili and ginger spice rub**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-5 minutes, or until bell pepper is tender, stirring occasionally.

## 6 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **orange-pineapple glazed pork** between plates. Spoon any remaining **glaze** from pan over top. Serve **roasted green beans with cashews** and **sautéed veggies** next to pork. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (339g)

**Amount per serving**

**Calories** 570

	% Daily Value*
<b>Total Fat</b> 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol</b> 80mg	27%
<b>Sodium</b> 890mg	39%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 5g Added Sugars	10%
<b>Protein</b> 33g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 2mg	10%
Potassium 373mg	8%

\* 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, Green Beans, Bell Peppers, Yellow Onion, Cashews** [cashews, canola oil], **Carrots, Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Orange-Pineapple Glaze** (Orange Juice, Pineapple Juice [pineapple juice], Lime Juice [lime], Coconut Nectar [coconut tree sap nectar], Cilantro, Granulated Garlic, Puréed Ginger [organic ginger], Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar])

**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.*