



**GREEN
CHEF**

GRILLED CUMIN PORK CHOPS

Creamy chimichurri, roasted veggies, cotija, pepitas

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

830

NET CARBS PER SERVING

13 GRAMS

MENU

KETO // GLUTEN-FREE

Those deep brown lines that form when food makes contact with a grill are more than just for show! Grilling imparts intensely concentrated flavor, and these cumin-rubbed pork chops are no exception. Our signature creamy chimichurri (think parsley, avocado mayo, and lemon juice) is drizzled over top for an added kick.

INGREDIENTS (9 ITEMS)

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

WHAT YOU'LL NEED

grill or grill pan
 large sauté pan
 baking sheet
 measuring spoons
 peeler
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

^E EGGS

^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 [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 PREP

- Preheat oven to 400 degrees.
- Preheat a well-oiled grill (or grill pan) to medium-high.
- Lay **jicama** flat and carefully peel. Cut lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into matchsticks, about ¼ inch thick.
- Roughly chop **cabbage*** if necessary.
- Large dice **red bell pepper*** into pieces, about ¾ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay one half flat and medium dice into pieces, about ½ inch each (reserve remaining half for another use).

**Your cabbage 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 START VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **jicama** to hot pan. Cook 3–4 minutes, or until jicama begins to brown, stirring occasionally.
- Add **cabbage**, **bell pepper**, and **onion**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3–4 minutes, or until veggies begin to soften, stirring occasionally.

3 FINISH VEGGIES

- Transfer **veggies** to a lightly oiled, foil-lined baking sheet. Sprinkle with **cotija cheese**. Transfer baking sheet to oven. Roast 10–12 minutes, or until veggies are fork tender, stirring halfway through.

4 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. Toast 2–3 minutes, or until lightly browned, stirring frequently. Transfer **pepitas** to a plate.

5 SEASON & GRILL PORK

- Pat **boneless pork chops** dry with paper towels. Place **pork** on a second plate. Season with **ground cumin**, salt, and pepper. Drizzle with about 1 teaspoon cooking oil. Rub to coat.
- Place **pork** on hot grill (or grill pan). Grill 4–6 minutes on each side, or until pork is fully cooked.*

Alternatively, heat about 1 ½ tablespoons cooking oil in a large oven-safe sauté pan over medium-high heat. Add pork to hot pan. Sear 2–3 minutes on each side. Transfer pan to oven. Roast 5–7 minutes, or until pork is fully cooked. (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.)*

- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

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

6 PLATE YOUR DISH

- Cut **pork** into 5–6 slices each.
- Divide **roasted veggies with cotija** between plates. Fan **grilled cumin 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 (502g)

Amount per serving

Calories **830**

	% Daily Value*
Total Fat 65g	83%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 880mg	38%
Total Carbohydrate 23g	8%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 4mg	20%
Potassium 532mg	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 [pork], **Ground Cumin**, **Yellow Onion**, **Jicama**, **Bell Peppers**, **Red Cabbage**, **Pepitas**, **Creamy Chimichurri** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil, Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil]), **Cotija Cheese** [cultured pasteurized grade A milk and skim milk, sea salt and enzymes]

Allergen information:

Contains Milk And Egg

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.