



**GREEN
CHEF**

PORK BANH MI BOWLS

with broccoli, kale, roasted red peppers, pickled veggies & aioli

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

570

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

We're firm believers that snappy pickled veggies are what *make* banh mi. Their tart crunch gives the Vietnamese pork sandwiches verve. For tonight's 25-minute bowls, we skip the bread and pile spicy pan-seared pork tenderloin over nutrient-rich sautéed broccoli, kale, and peppers, then drizzle it all in fiery ginger-lime aioli. Crunchy pickled daikon radishes and carrots put a tangy exclamation point on the dish.

INGREDIENTS (11 ITEMS)

10 oz **Diced pork tenderloin**
 1 ¾ oz **Spicy ginger-lime aioli** ^E
 ½ tsp **Shichimi togarashi**
 6 oz **Broccoli**
 3 ½ oz **Red kale**
 ¼ cup **Roasted red peppers**
 1 ¾ oz **Daikon radish**
 1 ¾ oz **Carrots**
 ½ oz **Dry-roasted cashews** ^T
 ¾ oz **Coconut aminos** ^T
 1 oz **Apple cider vinegar with cilantro** ^T

WHAT YOU'LL NEED

medium & large sauté pans
 mixing bowls
 measuring spoons
 peeler
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

^E EGGS
^T 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 MARINATE PORK

- Pat **diced pork tenderloin** dry with paper towels. Place **pork** in a medium bowl. Season with **shichimi togarashi**,* salt, and pepper. Add **coconut aminos**. Stir to coat. Marinate at least 10 minutes, stirring occasionally.

**If heat sensitive, use shichimi togarashi sparingly.*

COOKING FOR
4

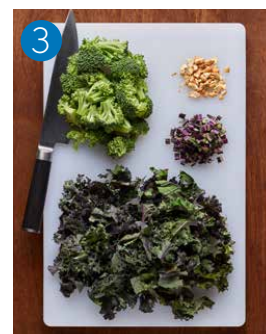
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 START PREP & QUICK-PICKLE VEGGIES

- Trim ends off **daikon radish** and peel. Slice lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into matchsticks, about ¼ inch thick.
- Place **radish** and **carrots** in a second medium bowl. Add **apple cider vinegar with cilantro**.* Lightly season with salt and pepper. Stir to combine. Let pickle at least 10 minutes, stirring occasionally.

**For a milder flavor, drizzle in 1-2 teaspoons of olive oil.*



3 FINISH PREP

- Roughly chop **dry-roasted cashews** if necessary.
- Cut **broccoli** into bite-size pieces if necessary.
- Remove thick center stems from **red kale**.* Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.

**Your kale may be a different color. Either way, this dish will still be delicious!*



4 COOK PORK

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Carefully add **pork** (with any excess marinade) to hot pan. Cook 6-7 minutes, or until pork is fully cooked,* stirring occasionally.

**Pork is fully cooked when internal temperature reaches 145 degrees and it's no longer pink in the center.*



5 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **broccoli**, **roasted red peppers**, and **kale stems** to hot pan. Cook 3-4 minutes, or until broccoli is lightly browned, stirring occasionally.*
- Add **kale leaves**. Cook 2-3 minutes, or until kale leaves are lightly wilted, stirring occasionally. Salt and pepper to taste. Stir to combine.

**If pan seems dry while cooking, add another 1-2 tablespoons of cooking oil.*



6 PLATE YOUR DISH

- Divide **sautéed veggies** between bowls. Top with **togarashi-spiced pork**. Garnish with **quick-pickled radish and carrots**. Drizzle with **spicy ginger-lime aioli** to taste. Sprinkle with **cashews**. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (399g)

Amount per serving

Calories 570

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 610mg	27%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 3mg	15%
Potassium 722mg	15%

* 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:

Diced Pork Tenderloin, **Coconut Aminos** [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], **Shichimi Togarashi** [sesame, orange peel, black pepper, garlic, poppy, cayenne, nori, paprika, cumin, sea salt, oregano, smoked paprika], **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [organic ginger], Garlic), **Broccoli**, **Roasted Red Peppers** [roasted red pepper, water, citric acid, sea salt], **Red Kale**, **Seasoned Apple Cider Vinegar** (Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Cilantro, Coconut Nectar [coconut tree sap nectar]), **Carrots**, **Daikon Radishes**, **Cashews** [cashews, canola oil]

Allergen information:

Contains Tree Nuts 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.

