



LEMON-PEPPER PORK PATTIES

spicy honey-glazed carrots, green beans & hazelnuts

COOK TIME
25 MIN

SERVINGS
2

CALORIES PER SERVING
720

NET CARBS PER SERVING
20 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

There's more to our custom lemon-pepper blend than meets the eye. Sure, there's fragrant lemon zest and fresh cracked black pepper, but we've added in garlic and onion for extra warm, aromatic depth. Here, the bold mix is used to season juicy, pan-seared pork patties that are drizzled with a white-wine vinaigrette. Honey-glazed carrots, green beans, and hazelnuts—flecked with crushed red pepper flakes for heat—make a scrumptious side.

INGREDIENTS (8 ITEMS)

- 6 oz **Green beans**
- 1 oz **Hazelnuts** T
- 10 oz **Ground pork***
- 1¼ tsp **Lemon-pepper herb blend**
- 8¾ oz **Carrots**
- ½ oz **Honey**
- ½ tsp **Crushed red pepper flakes**
- 1 oz **White-wine & olive oil vinaigrette**

WHAT YOU'LL NEED

- medium & large sauté pans
- medium bowl
- measuring cup & spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (hazelnuts)

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

Validate
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground pork is fully cooked when internal temperature reaches 160 degrees.

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

1 PREP

- Trim stem ends off **green beans**. Cut into pieces, about 1 inch long.
- Roughly chop **hazelnuts** if necessary.

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 PORK & FORM PATTIES

- Place **ground pork** in a medium bowl. Season with **lemon-pepper herb blend** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute seasonings.
- Form **pork** into two patties, about ¼ inch thick.*

**To help your patties keep their shape, make a small indentation in the center of each.*

3 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **carrots** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-6 minutes, or until lightly browned, stirring occasionally.
- Add **green beans** and about ¼ cup water. Cook 5-6 minutes, or until veggies are tender and liquid has cooked off, stirring occasionally.
- Add **hazelnuts** and **honey**. Season with **crushed red pepper flakes*** to taste. Cook 2-3 minutes, or until veggies are evenly coated, stirring occasionally. Season with salt and pepper to taste. Remove from heat.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

4 COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat until shimmering. Once pan is hot, add **patties**. Cook 4-5 minutes on each side, or until fully cooked.

5 PLATE YOUR DISH

- Divide **spicy honey-glazed veggies and hazelnuts** between plates. Top with **lemon-pepper pork patties**. Drizzle with **white-wine and olive oil vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (404g)

Amount per serving

Calories 720

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 860mg	37%
Total Carbohydrate 29g	11%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 700mg	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:

Ground Pork [pork], **Lemon-Pepper Herb Blend** [lemon peel, black pepper, garlic, onion], **Carrots**, **Honey** [honey], **Hazelnuts** [hazelnuts], **Crushed Red Pepper Flakes**, **Green Beans**, **White Wine Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil [olive oil])

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.