



**GREEN
CHEF**

PORK CHOPS WITH TOMATO CAPER SAUCE

Sautéed green beans & carrot with roasted red peppers, almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

710

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE

Fond is one of our favorite shortcuts for flavorful pan sauce. In this keto dinner, we pan-sear pork chops (dusted with a sweetly aromatic fennel-orange spice blend), leaving the rich, browned bits behind in the skillet. Deglazed with tangy white balsamic vinegar and layered with diced tomatoes, sautéed shallot, and briny capers, the fond marries the sauce seamlessly with the pork. Sautéed green beans and carrots complete the 25-minute dish.

INGREDIENTS (10 ITEMS)

2 (6 oz) **Boneless pork chops**
 ¾ tsp **Fennel-orange spice blend**
 3 ½ oz **Diced tomatoes**
 1 whole **Shallot**
 ½ oz **Capers**
 ¾ oz **White balsamic vinegar**
 6 oz **Green beans**
 1 oz **Roasted red peppers**
 1 whole **Carrot**
 ½ oz **Dry-roasted almonds** ^T

WHAT YOU'LL NEED

medium & large sauté pans
 measuring cup & spoons
 peeler
 thermometer
 cooking oil
 3 tbsp butter ^M
 salt & pepper

ALLERGENS

^T TREE NUTS (almonds)
^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 Safe Spot 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

- Cut top off **carrot** and peel. Slice across at an angle into pieces, about ¼ inch thick.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **dry-roasted almonds**.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **capers**.

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 & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **fennel-orange spice blend**, salt, and pepper.
- Heat about 1 ½ tablespoons cooking oil in a large 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.

3

COOK VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **carrot** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until lightly browned, stirring occasionally.
- Add **green beans**. Cook about 2 minutes, or until green beans are lightly browned, stirring occasionally.
- Add about ⅓ cup water. Cook 3–4 minutes, or until liquid cooks off, stirring occasionally.
- Add **roasted red peppers**, **almonds**, and 1 tablespoon butter. Salt and pepper to taste. Cook 2–3 minutes, or until green beans and carrot are tender, stirring occasionally. Remove from heat.

4

MAKE PAN SAUCE

- Return pan used for pork to stovetop over medium heat. Add **shallot** and **capers** to hot pan.* Cook 3–4 minutes, or until shallot is translucent, stirring occasionally.
- Add **white balsamic vinegar**. Stir to combine.**
- Add **diced tomatoes**, about ¼ cup water, and 2 tablespoons butter. Season with about ¼ teaspoon salt and a pinch of pepper. Stir until butter melts. Simmer 2–3 minutes, or until tomatoes begin to soften, stirring occasionally.

*If the pan seems dry while cooking, add another 1–2 teaspoons cooking oil.

**Be sure to scrape up any browned bits in the bottom of the pan as you stir – those unassuming specks are full of concentrated flavor and will add additional richness to your sauce.

5

PLATE YOUR DISH

- Cut **pork** into 5–7 slices each.
- Divide **sautéed green beans and carrot** between plates. Shingle **pan-seared boneless pork chops** alongside veggies. Spoon **tomato caper pan sauce** over pork. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (466g)

Amount per serving

Calories 710

	% Daily Value*
Total Fat 52g	67%
Saturated Fat 17g	85%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 990mg	43%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 41g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 3mg	15%
Potassium 537mg	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], **Fennel-Orange Spice Blend** (Ground Fennel, Granulated Garlic, Ground Rosemary, Crushed Red Pepper Flakes, Dried Orange Peel, Black Pepper), **Diced Tomatoes** [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], **Shallot**, **Capers** [capers, water, vinegar, salt], **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes], **Green Beans**, **Roasted Red Peppers** [bell pepper], **Carrots**, **Almonds** [almonds]

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.