



**GREEN
CHEF**

MEDITERRANEAN PORK POWER BOWLS

with roasted sweet potatoes, artichokes, kale & pistachios

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

980

MENU

GLUTEN-FREE

There's a little bit of everything in these irresistible power bowls! For the base, lacinato kale is tossed in a bright lemon-basil caper sauce before savory ground pork (dusted in a fragrant rosemary, basil, and sage blend) is served over top. Next, tender roasted sweet potatoes, artichoke hearts, and shallot are added to the bowl for earthy, sweet, and tangy flavors. A sprinkle of raisins and pistachios completes the dish.

INGREDIENTS (9 ITEMS)

10 ¼ oz **Sweet potatoes**
3 oz **Artichoke hearts**
1 whole **Shallot**
2 ¾ oz **Lacinato kale**
½ oz **Pistachios** T
10 oz **Ground pork***
1 ¼ tsp **Rosemary, basil & sage blend**
2 ¾ oz **Lemon-basil caper sauce**
1 ¼ oz **Raisins**

WHAT YOU'LL NEED

large sauté pan
2 baking sheets
large bowl
measuring spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (pistachios)



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.

*Ground pork is fully cooked when it's no longer pink.

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 SEASON & ROAST SWEET POTATOES

- Preheat oven to 425 degrees.
- Place **sweet potatoes** in a large bowl. Drizzle with about 2 tablespoons cooking oil. Season with about ½ teaspoon salt and a pinch of pepper. Stir to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until fork-tender, stirring halfway through.

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 PREP

- Halve **artichoke hearts** lengthwise.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.
- Roughly chop **pistachios**.



3 ROAST ARTICHOKES & SHALLOT

- Place **artichokes** and **shallot** on a second lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with a pinch of pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 10-12 minutes, or until artichokes are lightly browned, stirring halfway through.



4 COOK PORK

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground pork** to hot pan. Season with **rosemary, basil, and sage blend**, about ¼ teaspoon salt, and a pinch of pepper. Stir to break up pork and evenly distribute seasonings. Cook 5-7 minutes, or until pork is fully cooked, stirring occasionally.



5 MASSAGE KALE

- Place **kale** in bowl used for sweet potatoes. Drizzle with about 1 tablespoon of the **lemon-basil caper sauce**. Lightly season with salt. Massage until leaves soften.

6 PLATE YOUR DISH

- Divide **kale salad** between bowls. Serve **herb-seasoned pork**, **roasted sweet potatoes**, and **roasted artichokes and shallot** over top. Drizzle with remaining **lemon-basil caper sauce**. Garnish with **raisins** and **pistachios**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (496g)

Amount per serving

Calories 980

	% Daily Value*
Total Fat 71g	91%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 1380mg	60%
Total Carbohydrate 57g	21%
Dietary Fiber 10g	36%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 4mg	20%
Potassium 826mg	20%

* 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], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Sweet Potatoes**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Shallot**, **Raisins** [Thompson raisins], **Lacinato Kale**, **Pistachios** [pistachio], **Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [white wine vinegar, concentrated grape must], Basil, Capers [capers, water, vinegar, salt], 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.