



# ALMOND-CRUSTED PORK CHOPS

*Vegetable melange & lemon aioli*

<b>COOK TIME</b> 30 MIN	<b>SERVINGS</b> 2	<b>CALORIES PER SERVING</b> 630	<b>NET CARBS PER SERVING</b> 11 GRAMS	<b>MENU</b> KETO // PALEO // GLUTEN-FREE
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Meat with a crunchy coating never fails to satisfy. This keto-and-paleo dish happens to be extra special. Here, we've ditched the breadcrumbs for ultra-crunchy, protein-packed almonds. Pork chops are seasoned with an Italian herb and red pepper blend, then brushed with Dijon mustard and coated with the finely chopped nuts. (That's flavor x3!) The topping turns toasty in the oven as the pork cooks to juicy perfection. Meanwhile, you'll sauté a colorful melange of squash, green beans, and roasted red peppers. Everything is finished with a drizzle of lemon aioli for bright, creamy richness.

## INGREDIENTS (8 ITEMS)

1 oz	<b>Dry-roasted almonds</b> <span>T</span>
1 whole	<b>Yellow squash</b>
6 oz	<b>Green beans</b>
2 (6 oz)	<b>Boneless pork chops*</b>
1 tsp	<b>Italian herb &amp; red pepper blend</b>
¼ oz	<b>Dijon mustard</b>
2 ¼ oz	<b>Roasted red peppers</b>
1 ¾ oz	<b>Dairy-free lemon aioli</b> <span>E</span>

## WHAT YOU'LL NEED

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

## ALLERGENS

- T TREE NUTS (almonds)
- E EGGS

**COOKING FOR 4** 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.

\*Pork is fully cooked when internal temperature reaches 145 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](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.
- Finely chop **dry-roasted almonds**.\*
- Trim ends off **yellow squash**\*\* discard. Quarter lengthwise. Lay flat and slice across into quarter-moons, about ½ inch thick.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.

*\*If you have a food processor, use the S-shaped blade to quickly chop your almonds instead.*

*\*\*Your squash 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

**SEASON PORK**

- Pat **boneless pork chops** dry with paper towels. Season with salt, pepper, and about half of the **Italian herb and red pepper blend**.
- Place **pork** on a lightly oiled, foil-lined baking sheet. Spread **Dijon mustard** over tops. Sprinkle with **almonds**.

3

**ROAST PORK**

- Transfer baking sheet with pork to oven. Roast 10-12 minutes, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

4

**SAUTÉ VEGGIES**

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **squash**, **green beans**, and **roasted red peppers** to hot pan. Season with remaining **herb blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 4-5 minutes, or until green beans are tender, stirring occasionally.

5

**PLATE YOUR DISH**

- Pool some of the **dairy-free lemon aioli** on one side of each plate. Top with **almond-crusted pork chops**. Serve **sautéed veggies** on the side. Drizzle with remaining **lemon aioli**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (460g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 700mg	30%
Total Carbohydrate 17g	6%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 4mg	20%
Potassium 673mg	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: **Pork Chops** [pork], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Almonds** [almonds], **Green Beans**, **Yellow Squash**, **Roasted Red Peppers** [bell pepper], **Dairy-Free Lemon Aioli** (Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:  
Contains Egg And 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.