



**GREEN
CHEF**

PORK WITH BALSAMIC FIG SAUCE

herbed ricotta, Parmesan-crusted broccoli & cabbage, pine nuts

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

920

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // GLUTEN-FREE

Balsamic fig pan sauce is like an Italian-style sweet and sour with a big hit of umami. Finely chopped dried figs are cooked with balsamic until the fruit is softened and the vinegar turns syrupy. The sauce is mounted with butter for silky richness, then spooned over Italian herb-seasoned pork chops. To complement the pork, there's herbed ricotta mixed with red pepper flakes for dipping, plus tender roasted broccoli and cabbage sprinkled with Parmesan. As a finishing touch, everything is garnished with toasted pine nuts for a buttery crunch.



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.

INGREDIENTS (10 ITEMS)

6 oz **Broccoli**
3½ oz **Cabbage**
1¼ oz **Dried figs**
4 oz **Ricotta cheese** M
1 tsp **Italian seasoning**
½ tsp **Crushed red pepper flakes**
½ oz **Pine nuts** T
2 (6 oz) **Boneless pork chops***
¾ oz **Balsamic vinegar**
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring spoons
thermometer
oven mitt
cooking & olive oils
2 tbsp butter M
salt & pepper

ALLERGENS

M MILK
T TREE NUTS (pine nuts)

*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.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Roughly chop **cabbage*** if necessary.
- Cut stem ends off **dried figs**; discard. Finely chop **figs**.

**The ingredient you received may be a different color.*

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 ROAST VEGGIES

- Place **broccoli** and **cabbage** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Toss to coat.
- Spread **broccoli and cabbage** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14–16 minutes, or until tender. (You'll finish the veggies in Step 7.)

3 MAKE HERBED RICOTTA

- Place **ricotta cheese**, about half of the **Italian seasoning**, and about 1 tablespoon olive oil in a small bowl. Season with **crushed red pepper flakes*** to taste and a pinch of salt and pepper. Stir to combine.

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

4 TOAST PINE NUTS

- Place **pine nuts** in a dry medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to a cutting board and allow to cool. Roughly chop.

5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with remaining **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pine nuts over medium-high heat. Add **pork** to hot pan. Cook 3–4 minutes on each side, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

6 MAKE BALSAMIC FIG SAUCE

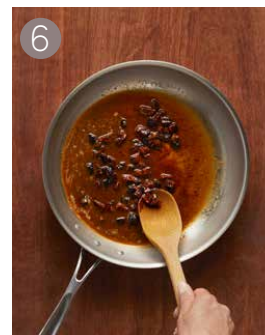
- Return pan used for pork to stovetop over medium heat. Add **figs**, **balsamic vinegar**, and about 2 tablespoons water to hot pan. Season with salt and pepper. Cook 2–3 minutes, or until figs begin to soften and sauce has mostly reduced, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted.

7 FINISH VEGGIES

- Sprinkle roasted **broccoli and cabbage** with **Parmesan cheese**.
- Return baking sheet to oven. Roast 2–4 minutes, or until cheese begins to melt.

8 PLATE YOUR DISH

- Cut **pork chops** into 5–7 pieces each.
- Spread **herbed ricotta** on one side of each plate. Top with **pork**. Drizzle **balsamic fig sauce** over top. Garnish with **pine nuts** and any remaining **crushed red pepper flakes** to taste. Serve **Parmesan-crusted broccoli and cabbage** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (444g)

Amount per serving

Calories 920

	% Daily Value*
Total Fat 67g	86%
Saturated Fat 21g	105%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 940mg	41%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 20g	
Includes 1g Added Sugars	2%
Protein 53g	
Vitamin D 0mcg	0%
Calcium 446mg	35%
Iron 4mg	20%
Potassium 447mg	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:

Balsamic Vinegar [wine vinegar, concentrated grape must], **Dried Figs** [dried figs], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Broccoli**, **Pine Nuts** [pine nuts], **Crushed Red Pepper Flakes**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Red Cabbage**, **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Pork Chops** [pork]

Allergen information:

Contains Milk 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.