



ROASTED CURRY PORK CHOPS

Orange-coconut yogurt sauce, jasmine rice with kale & bell pepper

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
770

MENU
GLUTEN-FREE

This dish infuses South Asian-inspired flavors into a *seemingly* simple square meal. Pork chops are seasoned with yellow curry, pan-seared for a deliciously caramelized crust, then roasted to juicy perfection. They're placed atop a bed of spicy Sriracha-lime coconut rice studded with sautéed kale, bell pepper, sweet curraunts, and almonds. To finish, the dish is drizzled with a creamy orange-coconut yogurt sauce for a bit of cooling sweetness.

INGREDIENTS (10 ITEMS)

- ½ cup **Jasmine rice**
- 2 ¾ oz **Green kale**
- 1 ¾ oz **Green bell pepper**
- ¼ oz **Garlic**
- ½ oz **Sliced almonds** T
- 2 (6 oz) **Boneless pork chops***
- 2 ½ tsp **Sweetened yellow curry** T
- ½ oz **Curraunts**
- 1 ¾ oz **Sriracha-lime coconut sauce** T
- 1 ¾ oz **Orange-coconut yogurt sauce** T M

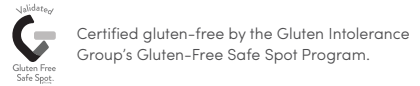
WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds, coconut)
- M MILK

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



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

1 COOK RICE

- Preheat oven to 400 degrees.
- Bring **jasmine rice**, 1 ¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

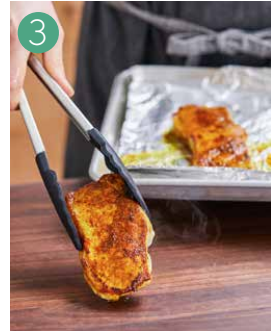
If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 PREP

- Remove and discard any thick center stems from **green kale**.^{*} Roughly chop leaves into bite-size pieces.
- Small dice **green bell pepper**^{*} into pieces, about ¼ inch each.
- Mince **garlic**.
- Roughly chop **sliced almonds**.

^{*}The ingredient you received may be a different color.



3 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Place on a plate. Season with **sweetened yellow curry**, salt, and pepper. Drizzle with 1-2 teaspoons cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **pork** to hot pan. Sear 2-3 minutes on each side.
- Transfer **pork** to a lightly oiled, foil-lined baking sheet. Roast 6-8 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 tablespoon cooking oil in pan used for pork over medium heat. Add **kale**, **bell pepper**, **garlic**, **currants**, and **almonds** to hot pan. Cook 4-5 minutes, or until veggies begin to soften, stirring occasionally.



5 FINISH RICE

- Transfer **rice** to pan with **veggies**. Add **Sriracha-lime coconut sauce**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

6 PLATE YOUR DISH

- Cut **pork** into 6-8 slices each.
- Divide **jasmine rice with kale and bell pepper** between plates. Fan **roasted curry pork chops** over top. Drizzle with **orange-coconut yogurt sauce** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size

(368g)

Amount per serving

Calories

770

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 550mg	24%
Total Carbohydrate 59g	21%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 1g Added Sugars	2%
Protein 45g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 2mg	10%
Potassium 467mg	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], **Sweetened Yellow Curry** (Yellow Curry Powder [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove], Coconut Sugar [organic coconut sugar]), **Garlic**, **Green Kale**, **Dried Currants** [raisins], **Almonds** [almonds], **Jasmine Rice** [jasmine rice], **Bell Peppers**, **Sriracha-Lime Coconut Sauce** (Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Lime Juice [lime], Sriracha Sauce [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum]), **Orange-Coconut Yogurt Sauce** (Dried Orange Peel, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: *L. acidophilus*, *L. bulgaricus*, *S. thermophilus*, and *Bifidobacterium lactis*], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Orange Juice [organic orange juice], Lime Juice [lime], Sea Salt, Black Pepper, Agave [organic agave syrup], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts And Milk

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.

