



ZA'ATAR-SPICED PORK CHOPS

Schug sauce, roasted cauliflower with dried figs & almonds

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
660

NET CARBS PER SERVING
20 GRAMS

MENU
KETO // PALEO // GLUTEN-FREE

Every element of this dish is infused with (and elevated by) earthy Middle Eastern flavors. Pork chops are seasoned with za'atar, then pan-seared for double duty: to toast the crust and cook the meat to juicy perfection. The chops are served next to a mix of roasted cauliflower, plump dried figs, and crunchy almonds. To finish, everything is drizzled with schug – pronounced “skoog” – a punchy, herby green sauce starring cilantro, parsley, cumin, coriander, and cardamom. This delicious elixir is originally from Yemen, but it’s used throughout the Middle East today. There’s also a touch of lemon juice in the mix, but if you happen to have a fresh lemon on hand, feel free to halve it and squeeze all over your dish for additional brightness.

INGREDIENTS (7 ITEMS)

- 9 ¾ oz **Cauliflower**
- ½ tsp **Crushed red pepper flakes**
- ½ tsp **Za’atar seasoning**
- 1 ¼ oz **Dried figs**
- ½ oz **Dry-roasted almonds** T
- 2 (6 oz) **Boneless pork chops***
- 2 ¼ oz **Schug sauce**

WHAT YOU’LL NEED

- large sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (almonds)

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

Validated
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 SEASON & ROAST CAULIFLOWER

- Preheat oven to 400 degrees.
- Cut **cauliflower** into bite-size pieces if necessary.
- Place **cauliflower** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **crushed red pepper flakes*** to taste, about half of the **za'atar seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **cauliflower** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 22-24 minutes, or until fork-tender, stirring halfway through.

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

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

- Cut stem ends off **dried figs**; discard. Roughly chop **dried figs**. Place **dried figs** in a small bowl. Cover with about ⅓ cup water. Let soak at least 5 minutes, or until softened (discard soaking liquid).
- Finely chop **dry-roasted almonds**.

3 SEASON & COOK PORK CHOPS

- Pat **boneless pork chops** dry with paper towels. Season with remaining **za'atar seasoning**, 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.

4 FINISH CAULIFLOWER

- Transfer **cauliflower** to a large bowl. Add **dried figs** and **almonds**. Salt and pepper to taste. Stir to combine.

5 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **roasted cauliflower with dried figs and almonds** between plates. Fan **za'atar-spiced pork chops** next to cauliflower. Drizzle pork with **schug sauce** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (393g)

Amount per serving

Calories **660**

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 650mg	28%
Total Carbohydrate 28g	10%
Dietary Fiber 8g	29%
Total Sugars 16g	
Includes 1g Added Sugars	2%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 4mg	20%
Potassium 716mg	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], **Cauliflower**, **Dried Figs** [organic mission figs], **Za'atar Seasoning** [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], **Crushed Red Pepper Flakes**, **Almonds** [almonds], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

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.