



**GREEN
CHEF**

PORK CHOPS WITH TZATZIKI

garlicky roasted tomatoes, chard salad with artichokes & feta

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

790

NET CARBS PER SERVING

12 GRAMS

MENU

KETO // GLUTEN-FREE

Foil-pocket roasting is the key to making the saucy tomato and garlic topping for tonight's keto dinner. This easy technique locks in moisture during cooking, allowing the flavors to meld and the textures to soften—plus, it's a breeze to clean up. The sauce is spooned over fennel-spiced pork chops, with a drizzle of tzatziki for creamy, tangy contrast. A chard salad with artichokes adds a fresh pop of flavor.

INGREDIENTS (10 ITEMS)

4 oz **Grape tomatoes**
 ¼ oz **Garlic**
 3½ oz **Green chard**
 1¼ oz **Artichoke hearts**
 2 (6 oz) **Boneless pork chops***
 1 tsp **Fennel-orange spice blend**
 1½ oz **Garlic-herb lemon vinaigrette**
 ½ oz **Sunflower seeds**
 2 oz **Feta cheese** M
 1¾ oz **Tzatziki-style sauce** M

WHAT YOU'LL NEED

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

ALLERGENS

M MILK



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 START PREP

- Preheat oven to 400 degrees.
- Halve **grape tomatoes**.
- Roughly chop **garlic**.
- Place **tomatoes** and **garlic** in the center of a rectangular piece of foil. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Gently stir to coat.
- Transfer foil with **tomatoes and garlic** to a baking sheet. Fold edges of foil together to form a packet.

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 TOMATOES & GARLIC

- Transfer baking sheet with **foil packet** to oven. Roast 18-22 minutes, or until tomatoes begin to blister, stirring halfway through.

3 FINISH PREP

- Remove and discard any thick center stems from **green chard***. Roughly chop leaves into bite-size pieces.
- Roughly chop **artichoke hearts**.

*The ingredient you received may be a different color.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Place in a medium bowl. Season with **fennel-orange spice blend**, salt, and pepper. Drizzle with about 1½ tablespoons cooking oil. Turn to coat.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes on one side.
- Flip **pork**. Transfer pan to oven. Roast 5-7 minutes, or until fully cooked.*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

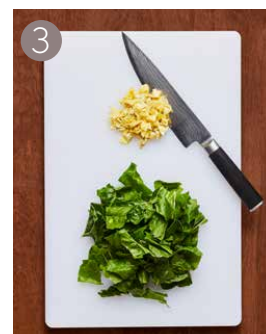
*To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.

5 MAKE SALAD

- Place **chard** in a large bowl. Drizzle with about 1 tablespoon of the **garlic-herb lemon vinaigrette**. Massage until leaves soften.
- Add **artichokes**, **sunflower seeds**, and about half of the **feta cheese**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Cut **pork chops** into 5-6 slices each.
- Divide **pork chops** between plates. Drizzle with **tzatziki-style sauce** to taste. Top with **garlicky roasted tomatoes**. Serve **chard salad with artichokes and feta** on the side. Sprinkle remaining **feta** over salad. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (428g)

Amount per serving

Calories **790**

	% Daily Value*
Total Fat 63g	81%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 780mg	34%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 285mg	20%
Iron 3mg	15%
Potassium 317mg	6%

* 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:

Seasoned Lemon Vinaigrette (Parsley, Garlic, Olive Oil [olive oil], Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Dried Dill, Sea Salt, Black Pepper), **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sunflower Seeds** [sunflower kernels, sunflower oil], **Green Chard**, **Pork Chops** [pork], **Fennel-Orange Spice Blend** (Ground Fennel, Granulated Garlic, Ground Rosemary, Crushed Red Pepper Flakes, Dried Orange Peel, Black Pepper), **Tzatziki-Style Sauce** (Granulated Garlic, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sea Salt, Black Pepper, Lemon Juice [lemon], Dried Dill, Ascorbic Acid [ascorbic acid]), **Grape Tomatoes**, **Garlic**

Allergen information:

Contains 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.

