



**GREEN
CHEF**

PORK CHOPS WITH TAHINI SAUCE

Cauliflower "tabbouleh" with artichokes, cabbage slaw with dates

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

740

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Our za'atar-spiced tahini sauce lends nutty, tangy complexity to every bite of tonight's Middle Eastern-inspired dish. It's made with lemon juice and red wine vinegar, herby za'atar, coconut aminos, and garlic for a guaranteed instant flavor boost to everything it touches. Said savory sauce is drizzled over tender pan-seared pork chops, delivering creamy richness to both the pork and a base of cauliflower "tabbouleh" strewn with briny artichoke hearts and fresh parsley. On the side, there's a cabbage slaw with almonds and dates for some crunchy-sweet contrast.

INGREDIENTS (11 ITEMS)

2 oz **Cabbage**
 ¾ oz **Dates**
 ½ oz **Sliced almonds** T
 1 ¼ oz **Artichoke hearts**
 1 whole **Yellow onion**
 ¼ oz **Parsley**
 1 ¼ oz **White-wine & olive oil vinaigrette**
 2 (6 oz) **Boneless pork chops***
 1 tsp **Lemon pepper & herb seasoning**
 6 ½ oz **Cauliflower "rice"**
 1 ¾ oz **Za'atar-spiced tahini sauce with olive oil** T

WHAT YOU'LL NEED

medium & large sauté pans
 medium bowl
 measuring spoons
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (almonds, coconut)



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

- Roughly chop **cabbage*** if necessary.
- Cut **dates** widthwise into slices, about ¼ inch thick.
- Roughly chop **sliced almonds**.
- Roughly chop **artichoke hearts**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- De-stem **parsley**; roughly chop leaves.

**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 MAKE SLAW

- Place **cabbage**, **dates**, and **almonds** in a medium bowl. Drizzle with **white-wine and olive oil vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

3 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Place on a plate. Season with **lemon pepper and herb seasoning*** and salt. Drizzle with about 1 teaspoon cooking oil. Rub to coat.
- Heat about 1 ½ tablespoons cooking oil in a medium 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 to a cutting board. Let rest at least 3 minutes.

**The lemon pepper and herb seasoning already contains pepper; no need to add extra.*

4 START "TABBOULEH"

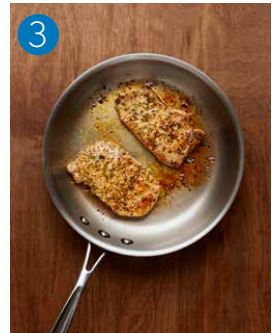
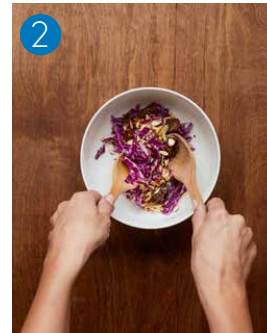
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **cauliflower "rice," artichokes**, and **onion** to hot pan. Lightly season with salt and pepper. Cook 4-5 minutes, or until cauliflower is tender and onion is translucent, stirring occasionally. Remove from heat.

5 FINISH "TABBOULEH"

- Add **parsley** and about 1 tablespoon of the **za'atar-spiced tahini sauce with olive oil** to pan with "tabbouleh." Salt and pepper to taste. Stir to combine.

6 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **cauliflower "tabbouleh" with artichokes** between plates. Fan **pork chops** over cauliflower. Drizzle with remaining **tahini sauce** to taste. Serve **cabbage slaw with dates** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (454g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 620mg	27%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	25%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 43g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 3mg	15%
Potassium 623mg	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**, **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Yellow Onion**, **Parsley**, **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Red Cabbage**, **Dates** [organic pitted dates], **Almonds** [almonds], **White Wine Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil [olive oil]), **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Coconut Aminos [organic coconut tree sap, sea salt], Ascorbic Acid [ascorbic acid])

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.

