

CHILI-GINGER PORK SALAD

kale, roasted pepper, ginger-lime vinaigrette, sunflower seeds

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 790	NET CARBS PER SERVING 15 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
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A really great salad is harder to come by than you'd think. Luckily, our chefs are salad savants. They took hearty veggies and juicy pork chops and transformed them into a veritable feast. You'll dig into layers of ginger-lime-dressed lacinato kale with cabbage, carrots, scallion, roasted red pepper, chili-ginger pork, and toasted sunflower seeds. (Yes, all of that!) Everything is plated and drizzled with a spicy ginger-lime aioli that'll keep you coming back for more. This superior salad experience may be life changing.

INGREDIENTS (9 ITEMS)

- 1 unit **Red bell pepper***
- 3½ oz **Lacinato kale**
- 3½ oz **Cabbage & carrots**
- 1 whole **Scallion**
- ½ oz **Sunflower seeds**
- 2 (6 oz) **Boneless pork chops****
- ¾ tsp **Chili & ginger spice rub**
- 2½ oz **Ginger-lime vinaigrette** T
- 1¾ oz **Spicy ginger-lime aioli** E

WHAT YOU'LL NEED

- large sauté pan
- baking sheet
- large bowl
- measuring spoons
- thermometer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut)
- E EGGS

COOKING TIP
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.

*Due to the varying nature of organic produce, we may have sent a larger bell pepper than needed.
**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 START PREP & ROAST PEPPER

- Preheat oven to 425 degrees.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.
- Place **bell pepper** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper.
- Transfer baking sheet to oven. Roast 12-15 minutes, or until just tender.

**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 FINISH PREP

- Remove and discard any thick center stems from **lacinato kale***. Roughly chop leaves into bite-size pieces.
- Finely chop **cabbage** and carrots**.
- Thinly slice **scallion**; discard root end.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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

3 TOAST SEEDS

- Place **sunflower seeds** in a dry large sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **sunflower seeds** to a cutting board and allow to cool. Roughly chop.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **chili and ginger spice rub*** and salt.
- Heat about 1½ tablespoons cooking oil in pan used for sunflower seeds over medium-high heat. Add **pork** to hot pan. Cook 3-4 minutes on each side, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

**The chili and ginger spice rub already contains pepper; no need to add extra.*

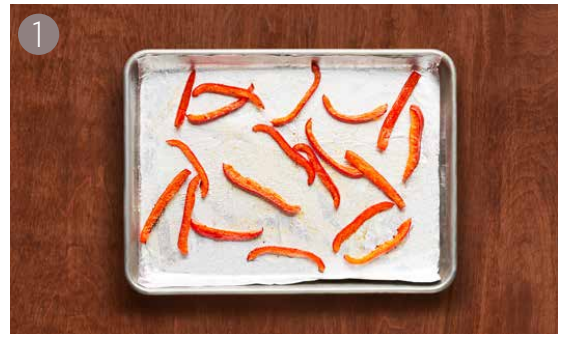
**If heat sensitive, use the chili and ginger spice rub sparingly, or omit entirely.*

5 MASSAGE KALE & MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **cabbage and carrots** and **scallion** to bowl with **kale**. Toss to combine. Add about half of the **ginger-lime vinaigrette**. Toss to coat.

6 PLATE YOUR DISH

- Cut **chili-ginger pork** into 5-7 slices each.
- Divide **salad** between plates. Top with **roasted red pepper**. Fan **chili-ginger pork** over salad. Drizzle with **spicy ginger-lime aioli** and remaining **ginger-lime vinaigrette** to taste. Garnish with **toasted sunflower seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (444g)

Amount per serving

Calories 790

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 760mg	33%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 206mg	15%
Iron 3mg	15%
Potassium 677mg	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], **Green Cabbage**, **Red Cabbage**, **Carrots**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Scallions**, **Lacinato Kale**, **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Ginger-Lime Vinaigrette** (Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut tree sap, sea salt], Coconut Nectar [coconut tree sap], Lime Juice [lime], Sea Salt, White Pepper, Sesame Oil [refined sesame oil], Olive Oil [olive oil]), **Spicy Ginger-Lime Aioli** (Avocado Oil Mayonnaise [avocado oil, organic certified humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xantham gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic), **Bell Peppers**

Allergen information:

Contains Egg 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.

