



**GREEN
CHEF**

ORANGE-PINEAPPLE GLAZED PORK

roasted green beans with cashews, sautéed bell pepper & carrots

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

620

NET CARBS PER SERVING

20 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Tonight's dinner will transport your taste buds to the tropics, thanks to a citrusy, island-inspired sauce. Our orange-pineapple glaze (mixed with fresh ginger for a hint of spice) lends a tangy-sweet layer of flavor over juicy pan-seared pork chops. A side of roasted green beans with toasted cashews makes for a savory, crunchy complement, while sautéed red bell pepper and carrots round out the dish with a pop of vibrant color.

INGREDIENTS (8 ITEMS)

6 oz **Green beans**
 ½ oz **Roasted cashews** T
 1 unit **Red bell pepper***
 1 whole **Yellow onion**
 2 (6 oz) **Boneless pork chops****
 ½ tsp **Chili & ginger spice rub**
 2½ oz **Orange-pineapple glaze** T
 1¾ oz **Carrots**

WHAT YOU'LL NEED

medium & large sauté pans
 baking sheet
 measuring spoons
 thermometer
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

T TREE NUTS (cashews, 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.

*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](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.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **roasted cashews** if necessary.

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 GREEN BEANS

- Place **green beans** on lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 8–10 minutes, or until fork-tender, stirring halfway through.
- Sprinkle **cashews** over green beans. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 1–2 minutes, or until cashews are lightly toasted.

3 FINISH PREP

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.**
- 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.

*The ingredient you received may be a different color.

**Use enough bell pepper to match the size of a tennis ball, saving the rest for another day. If you have a food scale, use 4 oz to stay under 35 grams of net carbs per serving.

4 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt, pepper, and about half of the **chili and ginger spice rub**.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **pork** to hot pan. Sear 2–4 minutes on each side.
- Drizzle **orange-pineapple glaze*** over pork. Cook 1–2 minutes, or until pork is fully cooked and glaze is reduced by about one-third.

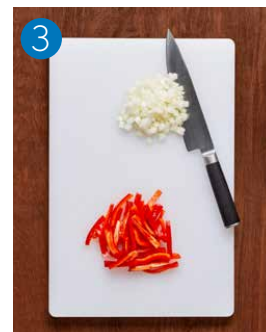
*For a slightly sweeter flavor, add 1 teaspoon of your preferred sweetener.

5 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **bell pepper, onion, and carrots** to hot pan. Season with remaining **chili and ginger spice rub**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3–5 minutes, or until bell pepper is tender, stirring occasionally.

6 PLATE YOUR DISH

- Cut **pork** into 5–7 slices each.
- Divide **orange-pineapple glazed pork** between plates. Spoon any remaining **glaze** from pan over top. Serve **roasted green beans with cashews** and **sautéed veggies** next to pork. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (440g)

Amount per serving

Calories 620

	% Daily Value*
Total Fat 42g	54%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 910mg	40%
Total Carbohydrate 25g	9%
Dietary Fiber 5g	18%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 40g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 3mg	15%
Potassium 567mg	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], **Green Beans**, **Bell Peppers**, **Yellow Onion**, **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Carrots**, **Chili & Ginger Spice Rub** (Dried Ginger, Chili Powder, Sea Salt, Black Pepper), **Orange-Pineapple Glaze** (Orange Juice [organic orange juice], Pineapple Juice [pineapple juice], Lime Juice [lime], Coconut Nectar [coconut tree sap], Cilantro, Granulated Garlic, Puréed Ginger [ginger], Apple Cider Vinegar [apple cider vinegar])

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.