



**GREEN
CHEF**

BBQ PORK MEATLOAVES & CABBAGE APPLE SLAW

smoky roasted potato wedges

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

810

MENU

GLUTEN-FREE

Tonight's dish infuses classic barbecue flavors into a comforting weeknight dinner. Ground pork is mixed with grated apple for a touch of sweetness, formed into meatloaves, and then doused with tangy barbecue sauce before heading into the oven. On the side, there's hearty roasted potato wedges coated in our smoky applewood spice blend, plus a lemony cabbage, apple, and pecan slaw for a pop of freshness.

INGREDIENTS (8 ITEMS)

1 whole **Gala apple**
12 oz **Yellow potatoes**
3½ oz **Cabbage**
½ oz **Pecans** T
10 oz **Ground pork***
2¾ oz **Mild barbecue sauce**
1 tsp **Smoky applewood spice blend**
1¼ oz **Cumin-herb lemon vinaigrette**

WHAT YOU'LL NEED

2 baking sheets
mixing bowls
measuring spoons
whisk
box grater
thermometer
oven mitt
cooking oil
½ tsp sugar
salt & pepper

ALLERGENS

T TREE NUTS (pecans)



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.

*Ground pork is fully cooked when internal temperature reaches 160°.

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

- Preheat oven to 425 degrees.
- Stand **Gala apple** upright and cut off sides around core; discard core. Grate about half the **apple** on the large holes of a box grater into a large bowl. Lay remaining half flat and cut lengthwise into slices, about ¼ inch thick.
- Halve **yellow potatoes*** lengthwise. Lay flat and cut lengthwise into wedges, about ¼ inch thick.
- Roughly chop **cabbage*** if necessary.
- Roughly chop **pecans** if necessary.

**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 MIXTURE & FORM MEATLOAVES

- Add **ground pork** to bowl with **grated apple**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Mix thoroughly to evenly distribute ingredients.*
- Form **meatloaf mixture** into two loaves, about ¾ inch thick.

**For the best results, use your hands and gently fold the meatloaf mixture into itself until the apple and seasonings are evenly distributed.*

3

BAKE MEATLOAVES

- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Spread **mild barbecue sauce** over tops of meatloaves.
- Bake 15-18 minutes, or until fully cooked.

4

SEASON & ROAST POTATOES

- Place **potatoes** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **smoky applewood spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Toss to coat.
- Spread **potatoes** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 18-22 minutes, or until fork-tender, flipping halfway through.

5

MAKE SLAW

- Place **cumin-herb lemon vinaigrette** and ½ teaspoon sugar in a second medium bowl. Whisk to combine.
- Add **cabbage**, **sliced apple**, and **pecans** to bowl with **vinaigrette**. Season with salt and pepper to taste. Toss to combine.

6

PLATE YOUR DISH

- Cut **meatloaves** into 5-7 slices each.
- Divide **BBQ pork meatloaves** between plates. Serve **smoky roasted potato wedges** and **cabbage apple slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (509g)

Amount per serving

Calories **810**

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1240mg	54%
Total Carbohydrate 71g	26%
Dietary Fiber 5g	18%
Total Sugars 27g	
Includes 1g Added Sugars	2%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 5mg	30%
Potassium 559mg	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:

Ground Pork [pork], **Gala Apple**, **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Red Cabbage**, **Green Cabbage**, **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Yellow Potatoes**, **Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Seasoned Lemon Vinaigrette** (Lemon Juice [lemon], White Wine Vinegar [aged white wine vinegar], Sea Salt, Ground Cumin, Parsley, Basil, Agave [organic agave syrup], Olive Oil [olive oil], Granulated Garlic)

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.

