



**GREEN  
CHEF**

## PAPRIKA-TURMERIC TOMATO PORK CHOPS

*sautéed squash, kale salad with za'atar-spiced tahini, feta & pistachios*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

800

### NET CARBS PER SERVING

11 GRAMS

### MENU

KETO // GLUTEN-FREE

Every element of this dish is infused with classic Middle Eastern flavors. Pork chops are seasoned with our spicy cumin-allspice blend, pan-seared to toast the crust, then simmered with paprika-turmeric tomato sauce. The chops are served next to sautéed squash and a tahini-dressed kale salad studded with salty feta and crunchy pistachios. There's a touch of lemon juice in the dressing, but if you happen to have a fresh lemon on hand, feel free to squeeze it all over your dish for additional brightness.

### INGREDIENTS (8 ITEMS)

1 whole **Yellow squash**  
 3½ oz **Green kale**  
 ½ oz **Pistachios** T  
 2 (6 oz) **Boneless pork chops\***  
 1 tsp **Spicy cumin-allspice blend**  
 5¼ oz **Paprika-turmeric tomato sauce**  
 2 oz **Feta cheese** M  
 1¾ oz **Za'atar-spiced tahini sauce with olive oil** T

### WHAT YOU'LL NEED

medium sauté pan  
 large sauté pan with lid  
 medium bowl  
 measuring spoons  
 thermometer  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

T TREE NUTS (coconut, pistachios)  
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 can be harmful to your health. 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

- Trim ends off **yellow squash\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Remove and discard any thick center stems from **green kale\***. Roughly chop leaves into bite-size pieces.
- Roughly chop **pistachios**.

*\*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

## SEASON &amp; SEAR PORK

- Pat **boneless pork chops** dry with paper towels. Season both sides with **spicy cumin-allspice blend**, salt, and pepper. Drizzle with about 1 tablespoon cooking oil. Rub to evenly coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **pork** to hot pan. Sear about 3 minutes on each side.

3

## ADD SAUCE

- Add **paprika-turmeric tomato sauce** and about 3 tablespoons water to pan with **pork**. Stir to combine. Cover pan with lid. Simmer 3–4 minutes, or until pork is fully cooked.
- Remove from heat. Transfer **pork** to a cutting board, leaving sauce in pan.

4

## SAUTÉ SQUASH

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **squash** to hot pan. Cook 4–5 minutes, or until tender and lightly browned, stirring occasionally. Season with about ¼ teaspoon salt and a pinch of pepper.

5

## MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.
- Add **feta cheese**, **za'atar-spiced tahini sauce with olive oil**, and about half of the **pistachios**. Toss to combine. Season with salt and pepper to taste.

6

## PLATE YOUR DISH

- Cut **pork chops** into 5–6 slices each.
- Make a pool of the **spiced tomato sauce** on one side of each plate. Fan **pork** over top and garnish with remaining **pistachios**. Serve **sautéed squash** and **kale salad** next to pork. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (484g)

**Amount per serving**

**Calories** 800

	% Daily Value*
<b>Total Fat</b> 62g	79%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 125mg	42%
<b>Sodium</b> 1170mg	51%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 47g	
Vitamin D 0mcg	0%
Calcium 313mg	25%
Iron 3mg	15%
Potassium 703mg	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], **Spicy Cumin-Allspice Blend** (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice), **Green Kale**, **Pistachios** [pistachio], **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **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]), **Yellow Squash**, **Paprika-Turmeric Tomato Sauce** (Red Wine Vinegar [aged red wine vinegar], Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Cinnamon, Sweet Paprika, Turmeric, Ground Cumin, Ground Coriander, Sea Salt, Tomato Paste [vine ripened organic tomatoes], Granulated Garlic, Smoked Paprika, Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Tree Nuts And 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.*

