



**GREEN  
CHEF**

## THAI-STYLE PORK SALAD

*kale, bell pepper, beets, cashews, shiitake mushroom sauce*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

660

### NET CARBS PER SERVING

19 GRAMS

### MENU

KETO // PALEO // GLUTEN-FREE

Tonight's hearty dinner salad is inspired by the bold, fresh flavors of Thai cuisine. Pork tenderloins are spiced with Thai-style seasoning (think ginger, coriander, and garlic), then pan-seared and roasted until juicy. Drizzled in a savory shiitake mushroom sauce, they're served over a fresh kale salad, tossed with earthy-sweet beets and crunchy cashews. Like a little heat? Feel free to drizzle on some spicy Sriracha!

### INGREDIENTS (11 ITEMS)

⅛ oz **Dried shiitake mushrooms**  
 1 unit **Red bell pepper\***  
 1 whole **Red onion**  
 ½ oz **Roasted cashews** T  
 2¾ oz **Red kale**  
 2 oz **Ginger-lime vinaigrette** T  
 2 (6 oz) **Pork tenderloins\*\***  
 1¾ tsp **Thai-style seasoning**  
 1 oz **Coconut aminos** T  
 1½ oz **Red beets**  
 ¾ oz **Sugar-free Sriracha sauce**

### WHAT YOU'LL NEED

large sauté pan  
 small baking dish  
 mixing bowls  
 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.
- Roughly chop **dried shiitake mushrooms**. Place in a small bowl. Cover with water. Let soak about 5 minutes, or until softened (discard soaking liquid).
- Cut **red bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.\*\*
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half into strips, about ¼ inch thick.
- Roughly chop **roasted cashews** if necessary.

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

\*\*Use about ½ cup bell pepper, saving the rest for another day. If you have a food scale, use 2 ounces to stay under 20 grams of net carbs per serving.

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 &amp; MASSAGE KALE

- Remove thick center stems from **red kale**\*. Slice **stems** into pieces, about ¼ inch each. Roughly chop **leaves** into bite-size pieces.
- Place **kale leaves** in a large bowl (reserve kale stems for Step 4). Drizzle with about 1½ tablespoons of the **ginger-lime vinaigrette**. Lightly season with salt. Massage until leaves soften.

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

## 3 SEASON &amp; COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with **Thai-style seasoning**, salt, and pepper. Rub to evenly coat.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear about 3 minutes on each side.
- Transfer **pork** to a small baking dish. Add **mushrooms** and **coconut aminos**. Stir to combine. Roast 8–10 minutes, or until pork is fully cooked.

## 4 SAUTÉ VEGGIES

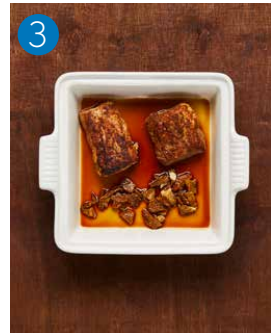
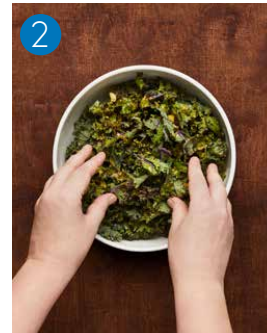
- Heat about 1½ tablespoons cooking oil in pan used for pork over medium-high heat. Add **bell pepper**, **onion**, and **kale stems** to hot pan. Cook 4–5 minutes, or until bell pepper begins to soften, stirring occasionally. Remove from heat.

## 5 MAKE SALAD

- Transfer **sautéed veggies** to bowl with **kale leaves**. Add **red beets** and **cashews**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

## 6 PLATE YOUR DISH

- Cut **pork tenderloins** into 6–8 slices each.
- Divide **kale salad** between bowls. Fan **roasted pork tenderloins** over salad. Spoon **shiitake mushroom sauce** from baking dish over top. Drizzle with **sugar-free Sriracha sauce** to taste (or omit). Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (375g)

**Amount per serving**

**Calories** **660**

	% Daily Value*
<b>Total Fat</b> 45g	58%
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	33%
<b>Sodium</b> 780mg	34%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 40g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 3mg	15%
Potassium 509mg	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 Tenderloin** [pork], **Red Beets**, **Red Kale**, **Red Onion**, **Bell Peppers**, **Dried Shiitake Mushrooms** [dried shiitake mushrooms], **Coconut Aminos** [organic coconut tree sap, sea salt], **Thai-Style Seasoning** (Granulated Garlic, Dried Ginger, Sweet Paprika, Chinese Five-Spice Blend [black pepper, fennel, anise, clove, cinnamon], Ground Cumin, Ground Coriander), **Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Sugar-Free Sriracha Sauce** [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices], **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])

### 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.*