



**GREEN
CHEF**

CHIMICHURRI PORK TENDERLOIN

cabbage with cilantro & toasted pepitas, roasted zucchini

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

720

NET CARBS PER SERVING

10 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

The succulent pork tenderloin and chimichurri sauce in this recipe get top billing, but we think the veggies are the real stars of the show. Underrated cabbage is sautéed with our chili, cumin, and paprika blend until just tender, while fresh cilantro and toasted pepitas play supporting roles to show off the versatility of the vegetable. Zucchini gets tossed with the same spice blend and roasted to add even more flavor to the plate.

INGREDIENTS (7 ITEMS)

1 whole	Zucchini
8¼ oz	Cabbage
¼ oz	Cilantro
1½ tsp	Chili, cumin & paprika blend
2 (6 oz)	Pork tenderloins*
½ oz	Pepitas
2¾ oz	Chimichurri sauce with olive oil

WHAT YOU'LL NEED

medium oven-safe sauté pan
large sauté pan
baking sheet
measuring spoons
thermometer
oven mitt
cooking oil
salt & pepper



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 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 400 degrees.
- Trim ends off **zucchini***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Roughly chop **cabbage*** if necessary.
- De-stem **cilantro**; roughly chop leaves.

**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 & ROAST ZUCCHINI

- Place **zucchini** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about half of the **chili, cumin, and paprika blend**, ¼ teaspoon salt, and a pinch of pepper. Spread out in a single layer.
- Roast about 12-15 minutes, or until fork-tender, flipping halfway through.

3

SEAR & ROAST PORK

- Pat **pork tenderloins** dry with paper towels. Season both sides with about ¼ teaspoon salt and a pinch of pepper.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Once pan is hot, add **pork**. Sear 3-5 minutes on each side, or until lightly browned.
- Transfer pan to oven. Roast 8-12 minutes, or until fully cooked.*
- Transfer **pork** to cutting board. Let rest at least 3 minutes.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

4

TOAST PEPITAS

- Place **pepitas** in a dry large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board to cool. Roughly chop.

5

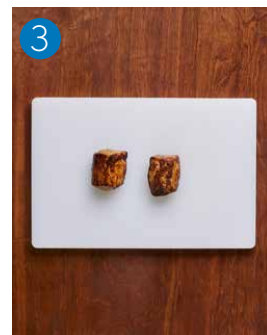
SAUTÉ CABBAGE

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **cabbage** to hot pan. Season with remaining **chili, cumin, and paprika blend**, about ¼ teaspoon salt, and a pinch of pepper. Cook 3-4 minutes, or until tender, stirring occasionally.
- Add **toasted pepitas** and about half of the **cilantro**. Stir to combine.

6

PLATE YOUR DISH

- Cut **pork tenderloins** into 5-7 slices each.
- Divide **roasted zucchini** and **cabbage with cilantro and toasted pepitas** between plates. Fan **pork** over cabbage. Drizzle pork with **chimichurri sauce with olive oil**. Garnish with remaining **cilantro**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (485g)

Amount per serving

Calories **720**

	% Daily Value*
Total Fat 57g	73%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 1280mg	56%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 4mg	20%
Potassium 718mg	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 Tenderloin [pork], **Green Cabbage**, **Red Cabbage**, **Cilantro**, **Zucchini**, **Pepitas** [pumpkin seed kernels], **Chimichurri Sauce** (Yellow Onions, Parsley, Garlic, Dried Oregano, Sea Salt, Black Pepper, Crushed Red Pepper Flakes, Apple Cider Vinegar [apple cider vinegar], Lemon Juice [lemon], Olive Oil [olive oil]), **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder)

Allergen information:

Contains No Allergens

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.