

PORK CHOPS WITH SCALLION SALSA

cabbage & pepita slaw, cauliflower "rice" with tomato

| COOK TIME | SERVINGS | CALORIES PER SERVING | NET CARBS PER SERVING | MENU |
|-----------|----------|----------------------|-----------------------|------------------------------|
| 25 MIN | 2 | 800 | 12 GRAMS | KETO // PALEO // GLUTEN-FREE |

In tonight's Southwest-inspired dish, our vibrant scallion salsa brings a bright and tangy kick to savory pork chops. Minced fresh scallion and garlic are mixed with a cilantro-lime vinaigrette and olive oil, then spooned over juicy, pan-seared pork chops. It's all served atop tender cauliflower "rice" studded with diced tomato. A cabbage and pepita slaw adds a light crunch on the side.

INGREDIENTS (10 ITEMS)

| | |
|----------|----------------------------------|
| 1 whole | Scallion |
| ¼ oz | Garlic |
| 1 whole | Red onion |
| 1 whole | Roma tomato |
| ½ oz | Pepitas |
| 1¼ oz | Cilantro-lime vinaigrette |
| 2½ tsp | Southwest seasoning |
| 4 oz | Cabbage |
| 2 (6 oz) | Boneless pork chops* |
| 6½ oz | Cauliflower "rice" |

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
thermometer
cooking & olive oils
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

- Mince **scallion**; discard root end.
- Mince **garlic**.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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 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 and allow to cool. (Reserve pan.) Roughly chop.

3 MAKE SCALLION SALSA

- Place **scallion** and about half of the **garlic** in a small bowl. Add about 1 teaspoon of the **cilantro-lime vinaigrette** and about 3 tablespoons olive oil. Season with salt, pepper, and about 1 teaspoon of the **Southwest seasoning**. Stir to combine.

4 MAKE SLAW

- Place **cabbage*** and **pepitas** in a medium bowl. Drizzle with remaining **cilantro-lime vinaigrette**. Toss to combine. Season with salt and pepper to taste.

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

5 SEASON & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt, pepper, and remaining **Southwest seasoning**.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Cook 4-6 minutes on each side, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

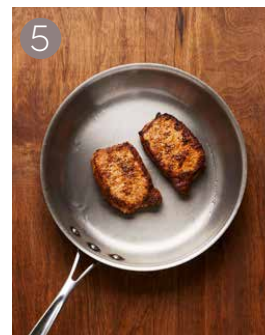
6 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in pan used for pepitas over medium heat. Add **onion** to hot pan. Season with salt and pepper. Cook 2-3 minutes, or until lightly browned and softened, stirring occasionally.
- Add **tomato** and remaining **garlic**. Cook 2-3 minutes, or until garlic is fragrant, stirring frequently.
- Add **cauliflower "rice"** and about 2 tablespoons water. Season with about ¼ teaspoon salt and a pinch of pepper.* Cook 4-5 minutes, or until cauliflower is tender and liquid has cooked off, stirring occasionally.

**Taste the veggies after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

7 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **cauliflower "rice" with tomato** between plates. Fan **pork chops** over top. Spoon **scallion salsa** over top. Serve **cabbage and pepita slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (486g)

Amount per serving

Calories 800

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 65g | 83% |
| Saturated Fat 11g | 55% |
| Trans Fat 0g | |
| Cholesterol 100mg | 33% |
| Sodium 570mg | 25% |
| Total Carbohydrate 18g | 7% |
| Dietary Fiber 6g | 21% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 42g | |
| Vitamin D 0mcg | 0% |
| Calcium 166mg | 15% |
| Iron 3mg | 15% |
| Potassium 713mg | 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:
Southwest Seasoning (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic), **Scallions**, **Garlic**, **Red Onion**, **Roma Tomatoes**, **Cauliflower**, **Red Cabbage**, **Green Cabbage**, **Pepitas** [pumpkin seed kernels], **Cilantro-Lime Vinaigrette** (Lime Juice [lime], Apple Cider Vinegar [apple cider vinegar], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Garlic, Chives, Cilantro, Sea Salt, Black Pepper, Olive Oil [olive oil]), **Pork Chops** [pork]

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.