



BARBECUE PORK MEATLOAVES

green beans with toasted pecans, cabbage & apple slaw

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 640	NET CARBS PER SERVING 19 GRAMS	MENU KETO // PALEO // GLUTEN-FREE
----------------------------	----------------------	------------------------------------	--	---

Tonight's pork meatloaves come with a delicious twist. Here, grated apple is folded into the mix, bringing sweet notes to the savory loaves. A layer of barbecue sauce (that gets nice and glazy in the oven) adds bold, tangy flavors on top. Pecan-studded green beans lend an earthy element to the dish, while a crisp cabbage slaw offers a bright, refreshing contrast.

INGREDIENTS (7 ITEMS)

- 1 whole **Gala apple***
- 3½ oz **Cabbage**
- 6 oz **Green beans**
- ½ oz **Pecans T**
- 10 oz **Ground pork****
- 2 oz **Barbecue sauce with coconut aminos T**
- 1¼ oz **Cumin-herb lemon vinaigrette**

WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- mixing bowls
- measuring spoons
- box grater
- thermometer
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (coconut, pecans)

COOKING TOP 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validated
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 apple than needed.
**Ground pork is fully cooked when internal temperature reaches 160 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 450 degrees.
- Stand **Gala apple*** upright and cut off sides around core; discard core. Grate half the **apple** on large holes of a box grater into a large bowl. Wring **grated apple** dry over sink in a clean kitchen towel to remove excess moisture. Return to bowl. Cut remaining **apple half** lengthwise into slices, about ¼ inch thick.
- Roughly chop **cabbage**** if necessary.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **pecans** if necessary.

**Use enough apple to match the size of a tennis ball, saving the rest for another day. If you have a food scale, use 4½ ounces to stay under 20 grams of net carbs per serving.*

***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, each about ¾ inch thick.

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

3 BAKE MEATLOAVES

- Place **meatloaves** on a lightly oiled, foil-lined baking sheet. Spread **barbecue sauce with coconut aminos** over tops.
- Bake 15–20 minutes, or until fully cooked.

4 MAKE SLAW

- Place **cabbage** and **sliced apple** in a medium bowl. Drizzle with **cumin-herb lemon vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

5 SAUTÉ GREEN BEANS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until green beans begin to soften, stirring occasionally.
- Add **pecans**. Cook 2–4 minutes, or until green beans are tender and pecans are toasted, stirring occasionally.*

**If the pan seems dry while cooking, add another 1–2 teaspoons cooking oil.*

6 PLATE YOUR DISH

- Divide **barbecue pork meatloaves** between plates. Serve **green beans with toasted pecans** and **cabbage and apple slaw** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (391g)

Amount per serving

Calories **640**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1020mg	44%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 827mg	20%

* 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:

Green Cabbage, Red Cabbage, Pecans [pecans, canola and/or peanut and/or sunflower oil], **Green Beans, 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), **Ground Pork** [pork], **Gala Apple, Barbecue Sauce with Coconut Aminos** (Orange Juice [organic orange juice], Yellow Onions, Coconut Nectar [coconut tree sap], Tomato Paste [vine ripened organic tomatoes], Apple Cider Vinegar [apple cider vinegar], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sea Salt, Smoked Paprika)

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.