



**GREEN
CHEF**

SMOKY PORK & KALE SALAD

sautéed mushrooms, Parmesan, creamy balsamic dressing

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

770

NET CARBS PER SERVING

18 GRAMS

MENU

KETO // GLUTEN-FREE

Salads get a bad rap, with cries of “They’re boring!”, “They don’t fill you up!”, or “They just lack flavor.” Those people clearly haven’t tried *this* salad. It’s bursting with flavor, layered with texture, and strewn with umami-packed ingredients that’ll definitely leave you satisfied. Hearty red kale leaves are massaged until tender, then tossed with caramelized mushrooms and onion, Parmesan cheese, and chewy-sweet dates. To finish, pile on smoky seasoned pork chops and even more Parm, then drizzle with a creamy balsamic dressing. This super-salad is at once sweet, savory, smoky, creamy, nutty, and tangy—basically, everything you could ever want or hope for.



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.

INGREDIENTS (9 ITEMS)

4 oz **Cremini mushrooms**
1 whole **Yellow onion**
4 oz **Red kale**
¾ oz **Dates**
2 (5 oz) **Boneless pork chops***
1¼ tsp **Smoky paprika & onion blend**
2¼ oz **Balsamic vinaigrette with olive oil**
1 oz **Sour cream** M
1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
whisk
thermometer
cooking oil
salt & pepper

ALLERGENS

M MILK

*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

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems* from **red kale****. Roughly chop leaves into bite-size pieces.
- Small dice **dates** into pieces, about ¼ inch each.

*To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

**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 & COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with salt, pepper, and about half of the **smoky paprika and onion blend**.
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Cook 3–4 minutes on each side, or until fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

3

SAUTÉ MUSHROOMS & ONION

- Heat about 2 tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with remaining **smoky paprika and onion blend**. Cook 3–5 minutes, or until onion is caramelized and mushrooms are softened, stirring occasionally.

4

MAKE DRESSING

- Place **balsamic vinaigrette with olive oil** and **sour cream** in a small bowl. Whisk to combine.

5

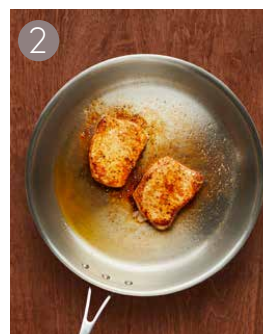
MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 2 tablespoons of the **creamy balsamic dressing**. Lightly season with salt. Massage until leaves soften.
- Transfer **mushrooms and onion** to bowl. Add **dates** and most of the **Parmesan cheese**. Toss to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Cut **pork chops** into 5–7 slices each.
- Divide **kale salad** between bowls. Fan **smoky pork** over top. Sprinkle with remaining **Parmesan**. Drizzle with remaining **creamy balsamic dressing** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (384g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 60g	77%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 590mg	26%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 1g Added Sugars	2%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 2mg	10%
Potassium 615mg	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], **Red Kale**, **Balsamic Vinaigrette** (Balsamic Vinegar [wine vinegar, concentrated grape must], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Olive Oil [olive oil], Sea Salt, Black Pepper), **Cremini Mushrooms**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Yellow Onion**, **Sour Cream** [cultured cream], **Dates** [organic pitted dates], **Smoky Paprika & Onion Blend** (Smoked Paprika, Onion Powder, Sweet Paprika, Black Pepper)

Allergen information:

Contains 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.