



**GREEN
CHEF**

PORK CHOPS WITH TOMATO CAPER SAUCE

green beans, carrot, roasted red peppers, almonds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

640

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE
// FAST & FIT

In this dinner, we pan-sear pork chops (dusted with a sweetly aromatic fennel-orange spice blend), leaving the rich browned bits behind in the skillet. Flavored with tangy white balsamic vinegar and layered with diced tomatoes, sautéed shallot, and briny capers, the sauce marries seamlessly with the pork. Sautéed green beans and carrots complete the satisfying 25-minute dish.

INGREDIENTS (10 ITEMS)

1 whole	Carrot
6 oz	Green beans
½ oz	Roasted almonds T
1 whole	Shallot
½ oz	Capers
2 (5 oz)	Boneless pork chops*
¾ tsp	Fennel-orange spice blend
1 oz	Roasted red peppers
¾ oz	White balsamic vinegar
3½ oz	Diced tomatoes

WHAT YOU'LL NEED

medium & large sauté pans
measuring cup & spoons
peeler
thermometer
cooking oil
3 tbsp butter M
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
M MILK



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°.

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

- Trim and peel **carrot**. Slice across at an angle into pieces, about ¼ inch thick.
- Trim stem ends off **green beans**. Halve widthwise.
- Roughly chop **roasted almonds**.
- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Roughly chop **capers**.

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 **fennel-orange spice blend**, salt, and pepper.
- Heat 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **pork** to hot pan. Sear 3-4 minutes on each side, or until fully cooked.
- Transfer **pork** to a cutting board. (Reserve pan.) Let rest at least 3 minutes.

3

SAUTÉ VEGGIES

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **carrot** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until lightly browned, stirring occasionally.
- Add **green beans**. Cook about 2 minutes, or until green beans are lightly browned, stirring occasionally.
- Add about ⅓ cup water. Cook 3-4 minutes, or until liquid has cooked off, stirring occasionally.
- Add **roasted red peppers**, **almonds**, and 1 tablespoon butter. Season with salt and pepper to taste. Cook 2-3 minutes, or until green beans and carrot are tender, stirring occasionally. Remove from heat.

4

MAKE PAN SAUCE

- Return pan used for pork to stovetop over medium heat. Add **shallot** and **capers** to hot pan.* Cook 3-4 minutes, or until shallot is translucent, stirring occasionally.
- Add **white balsamic vinegar**. Stir to combine.**
- Add **diced tomatoes**, about ¼ cup water, and 2 tablespoons butter. Season with ¼ teaspoon salt and a pinch of pepper. Stir until butter has melted. Simmer 2-3 minutes, or until tomatoes begin to soften, stirring occasionally.

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

***Be sure to scrape up any browned bits in the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will bring additional richness to your sauce.*

5

PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **green beans and carrot** between plates. Shingle **pork chops** on the side. Spoon **tomato caper sauce** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (417g)

Amount per serving

Calories 640

	% Daily Value*
Total Fat 50g	64%
Saturated Fat 16g	80%
Trans Fat 0.5g	
Cholesterol 105mg	35%
Sodium 1330mg	58%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 4mg	20%
Potassium 970mg	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:

Pork Chops [pork cutlets that contains up to 12% of a solution of pork broth, salt and natural flavoring], **Fennel-Orange Spice Blend** (Ground Fennel, Granulated Garlic, Ground Rosemary, Crushed Red Pepper Flakes, Dried Orange Peel, Black Pepper), **Diced Tomatoes** [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], **Shallot**, **Capers** [capers, water, vinegar, salt], **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes], **Green Beans**, **Roasted Red Peppers** [bell pepper], **Carrots**, **Almonds** [almonds]

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.