



**GREEN
CHEF**

BAVARIAN PORK PATTIES

mustard aioli, cabbage-apple slaw, sautéed kale with sauerkraut

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

850

NET CARBS PER SERVING

17 GRAMS

MENU

KETO // PALEO // GLUTEN-FREE

Craving comfort food? Look no further than this hearty German-inspired pork and sauerkraut supper. Juicy pork patties seasoned with a Bavarian spice blend (think dried mustard, sage, thyme, and rosemary) are drizzled in our creamy mustard aioli for a rich finish. They're served alongside sautéed kale with tangy sauerkraut and toasted walnuts. A crunchy apple and cabbage slaw ends things on a fresh note.

INGREDIENTS (10 ITEMS)

1¾ oz Celery
½ oz Walnuts **T**
3½ oz Red kale
1 whole Gala apple*
1¾ oz Cabbage
& 1¾ oz carrots
10 oz Ground pork**
2 tsp Bavarian spice blend
2 oz Sauerkraut
2 oz Mustard aioli with
caraway **E T**
1¼ oz White-wine & olive oil
vinaigrette

WHAT YOU'LL NEED

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

ALLERGENS

T TREE NUTS (coconut, walnuts)
E EGGS



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.

*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

- Slice **celery** across at an angle into pieces, about ¼ inch thick.
- Roughly chop **walnuts** if necessary.
- Remove and discard any thick center stems from **red kale***. Roughly chop leaves into bite-size pieces.
- Stand **Gala apple** upright and cut off sides around core; discard core. Cut sides lengthwise into planks, about ¼ inch thick. Cut planks lengthwise into matchsticks, about ¼ inch thick.**
- Roughly chop **cabbage*** and **carrots** if necessary.

*The ingredient you received may be a different color.

**Use enough apple to match the size of a baseball, saving the rest for another day. If you have a food scale, use 6 ounces to stay under 20 grams of net carbs per serving.

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 PORK & FORM PATTIES

- Place **ground pork** in a medium bowl. Season with **Bavarian spice blend**, about ¼ teaspoon salt, and a pinch of pepper. Mix thoroughly to evenly distribute seasonings.
- Form **pork** into two patties, about ½ inch thick.

3

COOK PATTIES

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 5-6 minutes on each side, or until fully cooked.

4

SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **sauerkraut**, **celery**, and **walnuts** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2-3 minutes, or until celery begins to soften, stirring occasionally.
- Add **kale**. Cook 3-4 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Add about 1 tablespoon of the **mustard aioli with caraway**. Stir to combine.

5

MAKE SLAW

- Place **apple** and **cabbage and carrots** in a second medium bowl. Drizzle with **white-wine and olive oil vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

6

PLATE YOUR DISH

- Divide **sautéed kale with sauerkraut** and **cabbage-apple slaw** between plates. Top with **pork patties**. Drizzle with remaining **mustard aioli** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (417g)

Amount per serving

Calories 850

	% Daily Value*
Total Fat 72g	92%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1330mg	58%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 3mg	15%
Potassium 852mg	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:

Ground Pork [pork], **Celery**, **Walnuts** [walnuts], **Red Kale**, **Caraway Sauerkraut** [organic cabbage, sea salt, organic caraway seeds], **Bavarian Spice Blend** (Ground Bay Leaves, Dried Sage, Granulated Garlic, Onion Powder, Dried Mustard, Ground Rosemary, Dried Thyme), **Caraway-Mustard Aioli** (Ground Caraway, Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Coconut Nectar [coconut tree sap], Red Wine Vinegar [grape must, wine vinegar], Avocado Oil Mayonnaise [avocado oil, organic eggs, organic egg yolks, organic vinegar, sea salt, organic rosemary extract], Granulated Garlic), **Gala Apple**, **Carrots**, **Red Cabbage**, **White Wine Vinaigrette** (White Wine Vinegar [aged white wine vinegar], Agave [organic agave syrup], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Olive Oil [olive oil])

Allergen information:

Contains Egg And 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.

