



**GREEN  
CHEF**

# PORK WITH BALSAMIC FIG SAUCE

*herbed ricotta, Parmesan-crusted broccoli & cabbage*

## COOK TIME

35 MIN

## SERVINGS

2

## CALORIES PER SERVING

830

## NET CARBS PER SERVING

20 GRAMS

## MENU

KETO // GLUTEN-FREE

Balsamic fig pan sauce is like an Italian-style take on sweet and sour sauce with a big hit of umami. Dried figs are cooked with balsamic until the fruit softens and the vinegar turns wonderfully syrupy. A knob of butter adds silkiness, and the sauce is spooned over slices of Italian herb-seasoned pork chops resting on herbed ricotta. Parmesan-crusted broccoli and cabbage make the decadent meal complete.

## INGREDIENTS (10 ITEMS)

6 oz **Broccoli**  
 1¾ oz **Cabbage**  
 1¼ oz **Dried figs**  
 4 oz **Ricotta cheese** <sup>M</sup>  
 1 tsp **Italian seasoning**  
 ½ tsp **Crushed red pepper flakes**  
 ½ oz **Pine nuts** <sup>T</sup>  
 2 (5 oz) **Boneless pork chops\***  
 ¾ oz **Balsamic vinegar**  
 1 oz **Parmesan cheese** <sup>M</sup>

## WHAT YOU'LL NEED

medium sauté pan  
 baking sheet  
 mixing bowls  
 measuring spoons  
 thermometer  
 oven mitt  
 cooking & olive oils  
 2 tbsp butter <sup>M</sup>  
 salt & pepper

## ALLERGENS

<sup>M</sup> MILK  
<sup>T</sup> TREE NUTS (pine nuts)



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

- Preheat oven to 400 degrees.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Roughly chop **cabbage\*** if necessary.
- Cut stem ends off **dried figs**; discard. Finely chop **figs**.

*\*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 ROAST VEGGIES

- Place **broccoli** and **cabbage** in a medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Toss to coat.
- Spread **broccoli and cabbage** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 14–16 minutes, or until tender. (You'll finish the veggies in Step 7.)

## 3 MAKE HERBED RICOTTA

- Place **ricotta cheese**, about half the **Italian seasoning**, and about 1 tablespoon olive oil in a small bowl. Season with **crushed red pepper flakes\*** to taste and a pinch of salt and pepper. Stir to combine.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

## 4 TOAST PINE NUTS

- Place **pine nuts** in a dry, medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pine nuts** to a cutting board and allow to cool. Roughly chop.

## 5 SEASON &amp; COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with remaining **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Heat about 1½ tablespoons cooking oil in pan used for pine nuts 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.

## 6 MAKE BALSAMIC FIG SAUCE

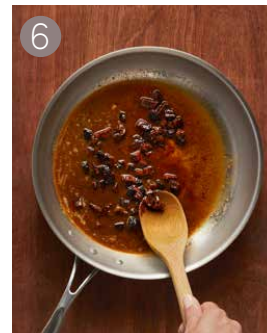
- Return pan used for pork to stovetop over medium heat. Add **figs**, **balsamic vinegar**, and about 2 tablespoons water to hot pan. Season with salt and pepper. Cook 2–3 minutes, or until figs begin to soften and sauce has mostly reduced, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butter has melted.

## 7 FINISH VEGGIES

- Sprinkle roasted **broccoli and cabbage** with **Parmesan cheese**.
- Return to oven. Roast 2–4 minutes, or until cheese begins to melt.

## 8 PLATE YOUR DISH

- Cut **pork chops** into 5–7 slices each.
- Spread **herbed ricotta** on one side of each plate. Top with **pork**. Drizzle **balsamic fig sauce** over top. Serve **Parmesan-crusted broccoli and cabbage** on the side. Garnish with **pine nuts** and any remaining **crushed red pepper flakes** to taste. Enjoy!



**Nutrition Facts**

2 Servings per container

**Serving size** (409g)

**Amount per serving**

**Calories** 830

	% Daily Value*
<b>Total Fat</b> 61g	78%
Saturated Fat 20g	100%
Trans Fat 0g	
<b>Cholesterol</b> 120mg	40%
<b>Sodium</b> 1210mg	53%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein</b> 46g	
Vitamin D 0mcg	0%
Calcium 406mg	30%
Iron 5mg	30%
Potassium 953mg	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:**  
**Balsamic Vinegar** [wine vinegar, concentrated grape must, caramel color], **Dried Figs** [dried figs], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme], **Broccoli**, **Pine Nuts** [pine nuts], **Crushed Red Pepper Flakes**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Red Cabbage**, **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Pork Chops** [pork cutlets that contains up to 12% of a solution of pork broth, salt and natural flavoring]

**Allergen information:**  
Contains Milk 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.*