



**GREEN
CHEF**

ITALIAN BREADED PORK CHOPS

barley with cremini mushrooms, tomatoes & Parmesan

COOK TIME

45 MIN

SERVINGS

2

CALORIES PER SERVING

940

Ready to be instantly transported to the corner booth of a candlelit trattoria in Italy? Let's go! The special tonight: crunchy-on-the-outside, tender-on-the-inside breaded pork chops served with a risotto-like mix of barley, sautéed cremini mushrooms, grape tomatoes, and nutty Parmesan cheese. The dish is finished with even more Parmesan and a creamy lemon-herb drizzle for some deliciously tangy contrast. After one bite, you might just cancel your return ticket and stay in this fantasy forever.

INGREDIENTS (10 ITEMS)

1 whole **Yellow onion**
 ¾ cup **Barley** W
 4 oz **Cremini mushrooms**
 4 oz **Grape tomatoes**
 2 oz **Sour cream** M
 1 tsp **Lemon pepper & herb seasoning**
 ¼ cup **Breadcrumbs** W
 2 (5 oz) **Boneless pork chops***
 1¼ tsp **Garlic, paprika & herb blend**
 1 oz **Parmesan cheese** M

WHAT YOU'LL NEED

small pot with lid
 medium & large sauté pans
 mixing bowls
 measuring cup & spoons
 thermometer
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT
M MILK



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

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 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 COOK BARLEY

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Heat about 1½ tablespoons cooking oil in a small pot over medium-high heat. Add **barley** and **onion** to hot pot. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook about 2 minutes, stirring frequently.
- Add 2 cups water. Stir, then reduce heat to medium low. Cover pot with lid. Cook 32-34 minutes, or until barley is tender* and water is absorbed, stirring occasionally.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the barley in Step 7.)

*Barley has a slightly firmer texture than some other grains.

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 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.
- Halve **grape tomatoes**.

3 MAKE CREMA

- Place **sour cream** and about ½ teaspoon **lemon pepper and herb seasoning** in a small bowl. Stir in water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt and pepper to taste.

4 SEASON & BREAD PORK

- Spread **breadcrumbs** out on a plate.
- Pat **boneless pork chops** dry with paper towels. Place in a medium bowl. Season with **garlic, paprika, and herb blend**, salt, and pepper. Drizzle with 1-2 teaspoons **lemon herb crema**. Rub to coat.
- Remove one **pork chop** from bowl. Firmly press both sides of **pork** into **breadcrumbs** to evenly coat. Repeat with remaining **pork chop** (discard any excess breadcrumbs).

5 COOK PORK

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **pork** to hot pan. Cook 4-6 minutes on each side, or until pork is fully cooked and breading is golden brown.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

6 COOK MUSHROOMS & TOMATOES

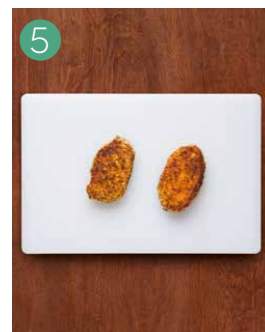
- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **tomatoes** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 5-7 minutes, or until mushrooms are tender and tomatoes are blistered, stirring occasionally.
- Remove from heat.

7 FINISH BARLEY

- Transfer **mushrooms and tomatoes** to pot with **barley**. Sprinkle with about half the **Parmesan cheese**. Stir to combine. Season with salt and pepper to taste.

8 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **barley with mushrooms and tomatoes** between plates. Sprinkle with remaining **Parmesan cheese**. Fan **Italian breaded pork chops** alongside. Drizzle pork with remaining **lemon herb crema** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (479g)

Amount per serving

Calories 940

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1630mg	71%
Total Carbohydrate 88g	32%
Dietary Fiber 16g	57%
Total Sugars 6g	
Includes 1 Added Sugars	2%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 245mg	20%
Iron 6mg	35%
Potassium 1059mg	25%

* 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], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Garlic, Paprika & Herb Blend** (Granulated Garlic, Sweet Paprika, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Onion Powder), **Sour Cream** [cultured cream], **Lemon Pepper & Herb Seasoning** (Granulated Garlic, Lemon-Pepper Herb Blend [lemon peel, black pepper, garlic, onion], Dried Oregano, Dried Parsley, Ground Cumin, Sea Salt), **Barley** [pearled barley], **Grape Tomatoes**, **Yellow Onion**, **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Cremini Mushrooms**

Allergen information:

Contains Milk And Wheat

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.