



**GREEN  
CHEF**

## GREEK PORK COUSCOUS BOWLS

*chard, tomato, dried figs, feta, pistachios, yogurt sauce*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

730

There's a lot to love about the variety of flavors and textures in this Mediterranean-inspired couscous bowl. Pork chops are pan-seared with dried figs, then served over a hearty base of tender pearl couscous strewn with chard and feta. A drizzle of our creamy lemon-basil yogurt sauce and a sprinkle of fresh tomato and crunchy pistachios tie it all together into one harmonious bowl.

### INGREDIENTS (10 ITEMS)

1 whole **Vegetable stock concentrate**  
 ½ cup **Toasted pearl couscous** **W**  
 1¼ oz **Dried figs**  
 2¾ oz **Green chard**  
 1 whole **Roma tomato**  
 ½ oz **Pistachios** **T**  
 2 (5 oz) **Boneless pork chops\***  
 1½ tsp **Cumin, garlic & fennel blend**  
 2 oz **Feta cheese** **M**  
 2¼ oz **Lemon-basil yogurt sauce** **M**

### WHAT YOU'LL NEED

small pot  
 medium sauté pan  
 measuring cup & spoons  
 thermometer  
 cooking & olive oils  
 salt & pepper

### ALLERGENS

**W** WHEAT  
**T** TREE NUTS (pistachios)  
**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°.

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 START COUSCOUS

- Bring **vegetable stock concentrate**, 1¼ cups water, and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. Return to a boil, then reduce heat to medium low. Simmer 11-14 minutes, or until couscous is al dente and water has absorbed.
- Remove from heat. Drizzle with about 1 tablespoon olive oil. Stir to coat. (You'll finish the couscous in Step 5.)

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

- Trim stem ends off **dried figs**; discard. Roughly chop **figs**.
- Remove and discard any thick center stems from **green chard**\*. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

\*The ingredient you received may be a different color.

## 3 TOAST PISTACHIOS

- Place **pistachios** in a dry, medium sauté pan over medium heat. Toast 3-4 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to a cutting board and allow to cool. Roughly chop.

## 4 SEASON &amp; COOK PORK

- Pat **boneless pork chops** dry with paper towels. Season with **cumin, garlic, and fennel blend**, salt, and pepper.
- Heat about 1 tablespoon cooking oil in pan used for pistachios over medium-high heat. Add **pork** to hot pan. Cook, undisturbed, 3-4 minutes, or until lightly browned.
- Flip **pork**. Add **figs** and about 2 tablespoons water.\* Cook 3-4 minutes, or until pork is fully cooked.
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

\*If the pan seems dry while cooking, add more water 1 tablespoon at a time.

## 5 FINISH COUSCOUS

- Add **chard** and about half the **feta cheese** to pot with **couscous**. Stir to combine. Season with salt and pepper to taste.\*

\*Taste the couscous after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.

## 6 PLATE YOUR DISH

- Cut **pork chops** into 5-7 slices each.
- Divide **couscous with chard** between bowls. Top with **pork** and **figs**. Drizzle with **lemon-basil yogurt sauce** to taste. Garnish with **tomato, pistachios**, and remaining **feta**. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (376g)

**Amount per serving**

**Calories** **730**

	% Daily Value*
<b>Total Fat</b> 38g	49%
Saturated Fat 10g	50%
Trans Fat 0g	
<b>Cholesterol</b> 90mg	30%
<b>Sodium</b> 1540mg	67%
<b>Total Carbohydrate</b> 56g	20%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 1g Added Sugars	2%
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 241mg	20%
Iron 5mg	30%
Potassium 1022mg	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:

**Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Dried Figs** [dried figs], **Pistachios** [pistachio], **Pork Chops** [pork cutlets that contains up to 12% of a solution of pork broth, salt and natural flavoring], **Cumin, Garlic & Fennel Blend** (Ground Cumin, Granulated Garlic, Ground Coriander, Black Pepper, Ground Fennel), **Green Chard**, **Roma Tomatoes**, **Toasted Pearl Couscous** [pearled couscous (wheat flour)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Lemon-Basil Yogurt Sauce** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lemon Juice [lemon], Sunflower Oil [high oleic sunflower oil], Sea Salt, Black Pepper, Dried Basil)

### Allergen information:

Contains Tree Nuts, 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.*

