



**GREEN
CHEF**

APRICOT-GLAZED PORK MEATBALLS

pearl couscous, kale salad with radishes & carrots

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

780

Tonight's dish takes inspiration from North African flavors. Ground pork is mixed with onions, ginger, and a smoky applewood spice blend, then pan-seared and glazed with harissa-spiced apricot sauce for a tantalizing tangy-sweet finish. The meatballs are served over a bed of tender toasted pearl couscous, perfect for catching all that saucy deliciousness. On the side, there's a crunchy, veggie-packed kale salad tossed with our creamy lemon-basil yogurt sauce for a fresh bite.

INGREDIENTS (10 ITEMS)

1 whole **Vegetable stock concentrate**
 ½ cup **Toasted pearl couscous** W
 2¾ oz **Green kale**
 2 oz **Radishes**
 10 oz **Ground pork***
 2 oz **Yellow onions**
 & ¼ oz **& ginger**
 1¾ tsp **Smoky applewood spice blend**
 2½ oz **Harissa-spiced apricot sauce**
 1¼ oz **Lemon-basil yogurt sauce** M
 1¾ oz **Carrots**

WHAT YOU'LL NEED

small pot
 medium sauté pan
 mixing bowls
 measuring cup & spoons
 thermometer
 cooking & olive oils
 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.

*Ground pork is fully cooked when internal temperature reaches 160°.

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 COUSCOUS

- Bring 1¼ cups water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Once boiling, stir in **toasted pearl couscous**. 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.

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

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Trim ends off **radishes** and cut in half. Lay flat and slice into half-moons, about ¼ inch thick.

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

3 PREP MEATBALLS

- Place **ground pork** and **yellow onions and ginger** in a medium bowl. Season with **smoky applewood spice blend**.^{*} Mix thoroughly to evenly distribute ingredients.
- Form **pork mixture** into 8-10 meatballs, about 1 inch in diameter.

**The spice blend already contains salt and pepper; no need to add extra.*

4 COOK MEATBALLS

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **meatballs** to hot pan. Cook 4-6 minutes, or until lightly browned, turning occasionally.
- Reduce heat to low. Add **harissa-spiced apricot sauce** and 2 tablespoons water. Simmer 4-5 minutes, or until meatballs are fully cooked and sauce has reduced by about one-third, stirring occasionally.

5 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon **lemon-basil yogurt sauce**. Lightly season with salt. Massage until leaves soften.
- Add **radishes** and **carrots**. Drizzle with remaining **yogurt sauce** to taste. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **pearl couscous** between plates. Top with **apricot-glazed pork meatballs**. Spoon any remaining **sauce** from pan over top. Serve **kale salad with radishes and carrots** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (376g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 44g	56%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1100mg	48%
Total Carbohydrate 62g	23%
Dietary Fiber 4g	14%
Total Sugars 27g	
Includes 21g Added Sugars	42%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 3mg	15%
Potassium 785mg	15%

* 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:

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], **Radishes**, **Green Kale**, **Carrots**, **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), **Ground Pork** [pork], **Smoky Applewood Spice Blend** (Sweet Paprika, Applewood-Smoked Sea Salt, Granulated Garlic, Dried Mustard, Smoked Paprika, Black Pepper, Dried Thyme), **Harissa-Apricot Sauce** (Apricot Jam [sugar, raw apricots, water, dried apricots (with sulfur dioxide as a preservative and rice flour), citric acid, fruit pectin], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Red Wine Vinegar [aged red wine vinegar], Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel]), **Yellow Onions**, **Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid]

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.