



**GREEN  
CHEF**

# PECAN-CRUSTED PORK CHOPS

*Creole Dijonnaise, barbecue-spiced squash & collards*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

460

## NET CARBS PER SERVING

16 GRAMS

## MENU

KETO // GLUTEN-FREE

A comforting cold-weather dish inspired by Southern flavors. Boneless pork chops are pan-seared, slathered with a Creole Dijonnaise, then topped with pecans. Oven-roasted to a juicy finish, they're served over braised butternut squash and collards seasoned with a Memphis-style barbecue spice blend. Fresh scallion adds a light crunch throughout.

## INGREDIENTS (10 ITEMS)

2 (5 oz) **Boneless pork chops**  
 ¼ cup **Creole Dijonnaise sauce** E  
 1 ¼ tsp **Memphis-style barbecue spices**  
 2 tbsp **Pecans** T  
 1 ¾ oz **Red bell pepper\***  
 7 oz **Butternut squash**  
 5 ¼ oz **Collard greens**  
 1 small **Red onion**  
 1 whole **Scallion**  
 ¼ oz **Garlic**

## WHAT YOU'LL NEED

large sauté pan with lid  
 medium oven-safe sauté pan  
 measuring cup & spoons  
 peeler  
 thermometer  
 oven mitt

## ALLERGENS

E EGG  
T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)



## 1 PREP SQUASH, COLLARDS & BELL PEPPER

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into about ½-inch pieces.
- Remove center stems from **collard greens**. Slice **stems** into about ¼-inch pieces. Roughly chop **leaves**.
- Medium dice **red bell pepper** into about ½-inch pieces.

*\*Another Option: If you don't have a sharp peeler, carefully remove peel with a sharp knife. Lay squash flat, then cut away from your body using curved, downward cuts.*



## 2 PREP ONION, GARLIC & SCALLION

- Cut ends off **red onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into about ¼-inch thick strips.
- Mince **garlic**.
- Thinly slice **scallion**; discard root end.



## 3 PREP NUTS

- Finely chop **pecans**.\*

*\*Another Option: If you have a food processor, save some time by pulsing the pecans for a few seconds with the S-shaped blade.*

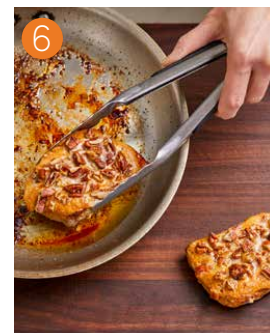
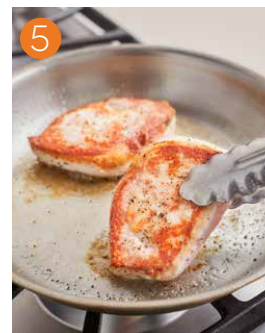


## 4 COOK VEGGIES

- Heat 2-3 tablespoons cooking oil in a large sauté pan over medium heat. Add **squash**, **collard stems**, and **bell pepper** to hot pan. Stir. Season with **Memphis-style barbecue spices** and salt. Stir. Cook 4-5 minutes, or until squash begins to brown, stirring occasionally.
- Add **onion** and **garlic** to pan. Stir. Cook about 3 minutes, stirring occasionally.
- Add **collard leaves** to pan. Stir. Reduce heat to medium-low. Add ½ cup water. Cover pan with lid. Simmer 6-8 minutes, or until squash is fork tender. Remove from heat.

## 5 SEASON & SEAR PORK

- Season both sides of **boneless pork chops** with salt and pepper.
- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes on each side. Remove from heat.



## 6 ROAST PORK

- Spread **Creole Dijonnaise sauce** over pork. Sprinkle **nuts** over top.
- Transfer pan to oven. Roast 5-7 minutes, or until pork is fully cooked (or to desired doneness).\* (Pork is fully cooked when internal temperature reaches 145 degrees.)
- Transfer **pork** to cutting board. Let rest at least 3 minutes.

*\*Careful! The pan handle will remain hot after the pan is removed from the oven. Slide a silicone pan handle cover (or a pot holder) over the handle to protect your hands.*



## 7 PLATE YOUR DISH

- Cut **pork** into 5-7 slices each.
- Divide **barbecue-spiced squash and collards** between plates. Top with **pecan-crusted pork chops**. Garnish with **scallion**.
- Enjoy!