



Berbere Pork Chops

with Bulgur-Mint Salad, Zucchini & Feta



20-30min



2 Servings

We add some pizzazz to these quick-cooking boneless pork cutlets with a sprinkle of berbere—an Ethiopian spice blend that includes chile, garlic, fenugreek, and warm spices like allspice and cinnamon. The lively spice blend pairs perfectly with garlicky sautéed zucchini and a bulgur wheat salad tossed with fresh mint, lemon, and feta cheese.

What we send

- 4 oz quick-cooking bulgur ¹
- 1 zucchini
- garlic
- 1 lemon
- 12 oz pkg ribeye pork chop
- ¼ oz berbere spice blend
- ¼ oz fresh mint
- 1.4 oz feta cheese ⁷
- 4 oz Greek yogurt ⁷

What you need

- kosher salt & pepper
- olive oil

Tools

- small saucepan
- fine-mesh sieve
- microplane or grater
- medium skillet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

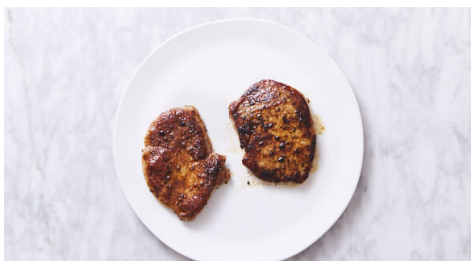
Calories 750kcal, Fat 43g, Carbs 37g, Protein 51g



1. Cook bulgur

In a small saucepan, combine **½ cup bulgur** (save rest for own use), **1¼ cups water**, and **¼ teaspoon salt**. Bring to a boil over high heat, then reduce to a simmer; cover and cook until bulgur is tender, 12-17 minutes. Add additional water as needed.

Drain in a fine-mesh sieve, then let sit in sieve to cool, fluffing occasionally with a fork, until step 5.



4. Cook pork cutlets

Heat **1 tablespoon oil** in same skillet over medium-high. Add **pork** and cook until browned and cooked to medium (145°F internally), about 3 minutes per side (or longer if no pink in center is desired). Transfer to a plate and cover to keep warm.



2. Prep ingredients

Meanwhile, trim ends from **zucchini**; halve lengthwise and thinly slice crosswise into half-moons. Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**; separately squeeze **2 teaspoons lemon juice**. Cut any remaining lemon into wedges.

Pat **pork** dry; pound to an even ½-inch thickness. Season all over with **salt, pepper**, and **1 teaspoon berbere spice blend**.



5. Finish bulgur salad

Pick and thinly slice **mint leaves**; discard stems.

Crumble **feta** into a medium bowl, then add **mint, bulgur, lemon zest, remaining lemon juice**, and **2 teaspoons oil**; stir to combine. Season to taste with **salt** and **pepper**.



3. Sauté & dress zucchini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **zucchini** and **a pinch each of salt and pepper**; cook until zucchini is tender and browned in spots, 3-4 minutes. Stir in **½ teaspoon of the garlic**; cook until fragrant, about 30 seconds.

Transfer to a bowl, then stir in **1 teaspoon of the lemon juice** and **1 teaspoon oil**; cover to keep warm. Wipe out skillet.







6. Season yogurt & serve

In a small bowl, stir to combine **yogurt, remaining chopped garlic**, and **1 teaspoon oil**. Season to taste with **salt** and **pepper**. Spoon **yogurt** onto plates, then top with **zucchini and any dressing**.

Serve **pork chops** and **bulgur-mint salad** with **any lemon wedges** on the side for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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