

Low Carb: Prosciutto, Fontina, & Date Stuffed

Pork with Roasted Green Beans & Tomatoes



40-50min



2 Servings

What we send

- ½ lb green beans
- 1 shallot
- garlic
- ¼ oz fresh sage
- 12 oz pkg ribeye pork chop
- 2 oz prosciutto
- 2 oz shredded fontina ⁷
- 2 oz diced dried dates
- 6 oz grape tomatoes

What you need

- olive oil
- kosher salt & ground pepper

Tools

- toothpicks
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 38g, Carbs 33g, Protein 51g

1. Prep ingredients

Preheat oven to 450°F with a rack in the center position.

Trim stem ends from **green beans**. Thinly slice **shallot**. Finely chop **1 large garlic clove**. Pick **2 large sage leaves** (save rest for own use).

Pat **pork** dry. Using a paring knife, cut a pocket about 2-inches deep through the side of each pork chop.

4. Roast vegetables

Add **grape tomatoes** and **green beans** to skillet. Drizzle with **1 tablespoon oil** and season with **salt** and **pepper**; carefully toss. Transfer to oven and roast until tomatoes are starting to burst and green beans are shriveled and starting to brown in spots, 10-12 minutes.

2. Stuff pork

Lay **2 prosciutto slices** on a work surface. Divide **cheese, sage**, and **half of the dates** between prosciutto slices (save remaining prosciutto and dates for own use).

Roll each slice into a tight log. Stuff 1 log into **each pork chop**; secure openings with toothpicks. Season both sides of pork with **salt** and **pepper**.

5. Roast pork

Add **shallots** and **garlic** to skillet and carefully toss. Add **pork** to skillet with **vegetables** and continue roasting until pork is medium (145°F internally) or longer if desired, 4-6 minutes.

3. Brown pork

In a medium ovenproof skillet, heat **1 tablespoon oil** over medium-high. Add **pork** and cook until browned (it won't be cooked through), 2-3 minutes per side. Transfer to a plate.

6. Serve

Transfer **pork** to a cutting board to rest for 5 minutes. Cut pork into slices, if desired. Serve with **roasted tomatoes and green beans**, with **pan drippings** from skillet drizzled over **pork**. Enjoy!