



Low Carb Prosciutto & Date Stuffed Pork

with Fontina & Roasted Green Beans & Tomatoes



40-50min



2 Servings

Psst! This pork chop has a surprise—a sweet and savory filling of chopped dates, sage, fontina and prosciutto. The pork chops cook with shallots and garlic while blistered green beans and grape tomatoes nestle alongside. The best part? It all roasts together in one pan!

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**.



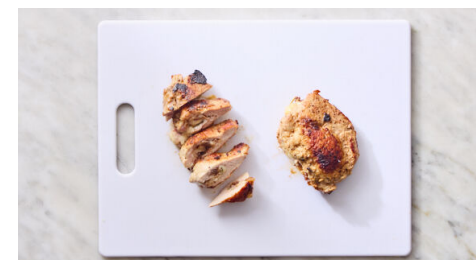
5. Roast pork

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!