



## 20-Min: Berbere Pork Cutlets

with Bulgur-Mint Salad, Zucchini & Feta



under 20min



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 <sup>1</sup>
- 1 zucchini
- garlic
- 1 lemon
- 12 oz pkg pork cutlets
- ¼ oz berbere spice blend
- ¼ oz fresh mint
- 1.4 oz feta cheese <sup>7</sup>
- 4 oz Greek yogurt <sup>7</sup>

## 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.

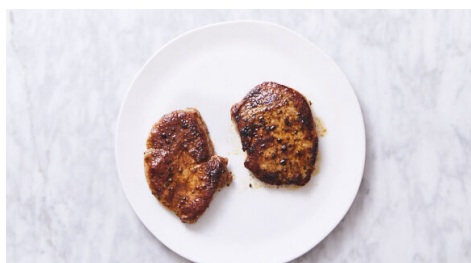
## Nutrition per serving

Calories 680kcal, Fat 39g, Carbs 37g, Proteins 50g



### 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, 10-12 minutes. Drain in a fine-mesh sieve, then let sit in sieve to cool until step 5, fluffing occasionally with a fork.



### 4. Cook pork cutlets

Heat **1 tablespoon oil** in same skillet over medium-high. Working in batches if necessary, add **pork cutlets** and cook until just browned and cooked through, about 2 minutes per side. 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 cutlets** dry. Season with **salt, pepper**, and **1 teaspoon berbere spice blend**.



### 5. Finish bulgur salad

Pick **mint leaves** from stems, then thinly slice leaves, discarding stems. Crumble **feta** into a medium bowl, then add **mint, bulgur, lemon zest, remaining lemon juice**, and **2 teaspoons oil**, stirring 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 cutlets** and **bulgur-mint salad** alongside with **lemon wedges** for squeezing. Enjoy!