



IN YOUR BOX

- 2 Boneless Pork Chops
- 3 fl. oz. Starport Jerk Sauce
- 1 Cauliflower Head
- 1 Resealable Gallon-Size Plastic Bag
- 6 oz. Kale
- 1 Lemon
- 5.6 fl. oz. Coconut Milk
- 6 Wooden Skewers

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Medium Pot
- Grill Pan or Outdoor Grill

NUTRITION per serving 27g carbohydrates 26g fat 49g protein 1303mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
529



Prep & Cook Time
35-45 min.



Cook Within
6 days



Difficulty
Intermediate



Spice Level
Medium



HOME CHEF

Spicy Jerked Pork Skewers with Coconut Cauliflower and roasted lemon kale

www.homechef.com/3444

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Jerk sauce** is used twice. Half is used to marinate **pork** and remaining is brushed on **pork skewers** just before serving.
- **Spice Alert!** **Jerk sauce** contains cayenne pepper that adds a touch of spice. Use to taste when garnishing **pork**.
- **Don't grill and text!** Thinly sliced **pork** will cook quickly and **marinade** will caramelize, so watch **skewers** closely while grilling to prevent burning.

FROM THE CHEF

Massaging kale helps break down its cell walls, making it more tender. It also releases some of its bitter-tasting compounds and allows it to better absorb flavor during cooking.

Did you know...

"Jerked" in Caribbean cuisine refers to heavily seasoned meats cooked over an open fire. Used originally as a method of preservation, it spawned what we know of as jerky.



1

Marinate the Pork

Cut **pork chops** across their width into ¼" strips. Combine pork and **half the jerk sauce** in a mixing bowl and toss to combine. Marinate 10-15 minutes while you prepare vegetables. *Wash or use a separate cutting board for preparing vegetables.*



4

Bake the Kale

Combine **kale**, 1 tsp. **lemon zest**, 2 tsp. **olive oil**, and ¼ tsp. **salt** in a mixing bowl. With your hands, massage kale until it darkens in color and becomes tender, 2 minutes. Spread kale into a single layer on baking sheet and roast until leaves just begin to blacken and crisp, 8-12 minutes. Remove from oven and sprinkle with 2 tsp. **lemon juice** and ¼ tsp. **pepper**. While kale cooks, grill skewers.



2

Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into bite-sized florets. Place cauliflower in provided **resealable bag** and pound with a small pot or pan until it resembles coarse grains a little larger than rice. *Don't worry if some stem pieces remain larger.* Stem **kale** and tear into large pieces. Zest **lemon**, halve, and juice.



5

Skewer and Grill the Pork

Heat an outdoor grill or grill pan over medium-high heat and lightly coat with **cooking spray**. Thread **pork** onto **skewers**, making sure pork is evenly distributed and spaced on skewers. Grill skewers until charred and pork reaches a minimum internal temperature of 145 degrees, 2-3 minutes.



3

Make the Coconut Cauliflower

Place a medium pot over medium heat. Add **cauliflower** and **coconut milk** to hot pot and bring to a low simmer. Cook, stirring often, until cauliflower is tender, 10-14 minutes. Season with ½ tsp. **salt**. While cauliflower cooks, bake kale.



6

Plate the Dish

Serve **cauliflower** and **kale** next to **skewers**. Brush or drizzle skewers with remaining **jerk sauce** to taste.