



### In your box

- 🍴 ¼ tsp. Red Pepper Flakes
- 4 fl. oz. Marinara Sauce
- ½ oz. Slivered Almonds
- ½ oz. Grated Parmesan
- 1 Red Onion
- 12 oz. Trimmed Green Beans
- 2 oz. Baby Spinach

### Customize It Options

- 12 oz. Pork Tenderloin Medallions
- 12 oz. Filets Mignon
- 12 oz. Sirloin steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, tree nuts (almonds)

### You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan,
- Large Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

15 Minute Meal Kit



## Tomato and Spinach Pork Medallions

with almond green beans

NUTRITION per serving—Calories: 462, Carbohydrates: 27g, Sugar: 12g, Fiber: 8g, Protein: 45g, Sodium: 1053mg, Fat: 20g, Saturated Fat: 4g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



### 1. Cook the Green Beans

- Halve and peel **onion**. Slice halves into thin strips.
- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **green beans** and **onion** to hot pan and stir occasionally until lightly browned, 4-5 minutes.
- Stir in ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and cook until green beans are tender, 4-5 minutes.
- While green beans cook, cook pork.



### 2. Start the Pork Medallions

- Pat **pork medallions** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add pork medallions to hot pan and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.

## Customize It Instructions

- If using **sirloin steaks**, follow same instructions as pork in Steps 2, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **filet mignon**, follow same instructions as pork in Steps 2, cooking until filets reach minimum internal temperature, 5-8 minutes per side.
- If using **chicken breasts**, follow same instructions as pork in Steps 2, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.



### 3. Finish the Pork Medallions

- Add **spinach**, **marinara**, ¼ cup **water**, and a pinch of **salt** and **pepper** to hot pan with pork medallions.
- Stir often until spinach is wilted, 1-2 minutes.
- Remove from burner.



### 4. Finish the Dish

- Plate dish as pictured on front of card, garnishing **pork medallions** with **Parmesan** and **red pepper flakes** (to taste) and **green beans** with **almonds**. Bon appétit!