



In your box

- ½ tsp. Garlic Salt
- 2 Pineapple Rings
- 5 oz. Sliced Bok Choy
- 🌶️ 2 oz. Hot Jalapeño Jelly
- 6 oz. Pepper and Onion Mix

Customize It Options

- 12 oz. Boneless Pork Chops
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 10 oz. Ahi Tuna Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt
- 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



Pineapple Pepper Jelly Pork Chops

with bok choy and bell peppers

NUTRITION per serving—Calories: 444, Carbohydrates: 28g, Sugar: 21g, Fiber: 1g, Protein: 39g, Sodium: 911mg, Fat: 19g, Saturated Fat: 5g
 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

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as pork in Step 1, cooking until pork reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **tuna**, follow same instructions as pork in Step 1, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



1. Cook the Pork Chops

- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add pork chops to hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Transfer pork chops to a plate. Rest, at least 3 minutes. Reserve pan; no need to wipe clean.
- While pork cooks, prepare pineapple.



2. Prepare the Pineapple

- Pat **pineapple** dry and coarsely chop.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **pepper and onion mix** to hot pan and stir occasionally until starting to soften, 2-3 minutes.
- Add **bok choy** and **garlic salt**. Stir occasionally until tender, 2-3 minutes.
- Remove from burner.



4. Make Sauce and Finish Dish

- Return pan used to cook pork to medium-high heat. Add **pineapple** to hot pan and cook undisturbed until starting to char, 1-2 minutes.
- Add **jalapeño jelly** and stir constantly until melted, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **pork** with pineapple pepper jelly sauce. Bon appétit!