



In your box

- 🔪 ¼ tsp. Red Pepper Flakes
- 8 oz. Broccoli Florets
- ¼ cup Panko Breadcrumbs
- 4 oz. Cremini Mushrooms
- 6 fl. oz. Canola Oil
- 2 oz. Crushed Tomatoes
- ½ oz. Grated Parmesan
- 1 tsp. Mushroom Seasoning

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Breaded Pork Diavolo

with Parmesan broccoli and mushrooms

NUTRITION per serving—Calories: 620, Carbohydrates: 18g, Sugar: 4g, Fiber: 4g, Protein: 46g, Sodium: 1445mg, Fat: 42g, Saturated Fat: 7g
 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
40-50 min.

Cook Within
6 days

Difficulty Level
Expert

Spice Level
Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Cut **mushrooms** into ¼" slices.
- Pat **pork chops** dry, and season both sides with a pinch of **salt**.
- Place **panko** on a plate in an even layer. Place pork on panko, flipping until coated, pressing gently to adhere.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 1 and 2, frying, flipping occasionally, until chicken reaches minimum internal temperature, 10-14 minutes.



3. Cook the Vegetables

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **broccoli** and 2 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 4-5 minutes.
- If pan is dry, add additional water, 1 tsp. at a time. Uncover, and stir occasionally until tender, 2-3 minutes.
- Stir in **mushrooms**, ¼ tsp. **salt**, and a pinch of **pepper**. Cook until water is evaporated and mushrooms are golden brown, 3-5 minutes
- Remove from burner and sprinkle with **Parmesan**.



4. Make the Tomato Sauce

- Place a small pot over medium-low heat. Add **tomatoes** and 2 Tbsp. **water** to hot pot. Bring to a simmer.
- Once simmering, add **seasoning blend**, ¼ tsp. **salt**, and **red pepper flakes** (to taste). Simmer until liquid reduces slightly, 1-2 minutes.
- Remove from burner.



2. Fry the Pork Chops

- Line a plate with a paper towel.
- Place a large non-stick pan over medium-high heat. Add **canola oil** and let heat, 5 minutes.
- After 5 minutes, test oil temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Lay **pork chops** away from you in hot oil and flip every 3-5 minutes until golden brown and pork reaches a minimum internal temperature of 145 degrees, 10-14 minutes.
- Transfer pork to towel-lined plate. Season both sides with ¼ tsp. **salt**. Rest, at least 5 minutes.
- While pork cooks, cook vegetables.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **pork** with **sauce**. Bon appétit!