



In your box

- 12 oz. Broccoli Florets
- 2 tsp. "Everything Bagel" Seasoning
- ½ tsp. Garlic Salt
- 1 oz. Shredded Parmesan Cheese
- 4 Butter Crackers
- 2 oz. Light Cream Cheese
- .3 oz. Butter
- 1 ½ fl. oz. Honey Dijon Mustard Dressing

Customize It Options

- 12 oz. Pork Tenderloin Medallions
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Oven-Safe 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



Everything Bagel and Butter Cracker-Crusted Pork Medallions

with honey mustard broccoli

NUTRITION per serving—Calories: 585, Carbohydrates: 20g, Sugar: 9g, Fiber: 4g, Protein: 49g, Sodium: 1635mg, Fat: 35g, Saturated Fat: 11g
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

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat the broiler
- Ingredient(s) used more than once: **garlic salt**

Customize It Instructions

- If using **chicken**, follow same instructions as pork medallions in Steps 2 and 3, cooking until browned and chicken reaches minimum internal temperature, 5-7 minutes per side. Add **topping** and broil until cheese melts, 1-2 minutes.
- If using **salmon**, pat dry and season flesh side with remaining **garlic salt** and a pinch of **salt** and **pepper**. Follow same instructions as pork medallions in Steps 2 and 3, searing, skin side up first, until golden brown, 4-6 minutes per side. Add topping, and broil until cheese melts, 1-2 minutes.



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add broccoli, 1 Tbsp. **water**, and half the **garlic salt** (reserve remaining for pork) to hot pan. Cover, and stir occasionally until tender, 6-8 minutes.
- While broccoli cooks, prepare pork.



2. Start the Pork

- Pat **pork medallions** dry, and season both sides with remaining **garlic salt** and a pinch of **salt** and **pepper**.
- Place a medium oven-safe non-stick pan over medium heat. Add 1 tsp. **olive oil** and **butter** to hot pan and let melt.
- Once butter has melted, add pork medallions to hot pan and cook until pork is browned, 2-4 minutes per side.
- Remove from burner. *Pork will finish cooking in a later step. Medallion thickness can vary; if you receive a thinner piece, we recommend checking for doneness sooner.*
- While pork cooks, prepare topping.



3. Make Topping and Finish Pork

- Combine **cream cheese** and **everything bagel seasoning** in a mixing bowl.
- Coarsely crush **crackers**.
- Carefully, top **pork medallions** evenly with cream cheese-bagel seasoning mixture. Top with **Parmesan**, then crackers, pressing gently to adhere.
- Place pan under hot broiler and broil until cheese is melted and pork reaches a minimum internal temperature of 145 degrees, 1-2 minutes.
- *Don't text and broil! Keep an eye on pork while under broiler.* Carefully remove from oven. Rest, 3 minutes.



4. Finish the Dish

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