



In your box

- 1 Fuji Apple
- ½ fl. oz. Honey
- 2 tsp. Chicken Demi-Glace Concentrate
- 8 oz. Brussels Sprouts
- 3 fl. oz. Apple Cider
- 2 tsp. Grained Dijon Mustard
- 1 oz. Butter
- 1 tsp. Smokehouse Maple Seasoning

Customize It Options

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

*Contains: milk

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



Apple Cider-Glazed Pork Tenderloin Medallions

with apples and Brussels sprouts

NUTRITION per serving—Calories: 526, Carbohydrates: 34g, Sugar: 23g, Fiber: 5g, Protein: 40g, Sodium: 1201mg, Fat: 26g, Saturated Fat: 10g
 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



1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Quarter **apple** and remove core. Cut into ½" dice.
- Pat **pork medallions** dry, and season both sides with a pinch of **salt** and **pepper**.



2. Cook the Brussels and Apple

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **Brussels sprouts** and a pinch of **salt** to hot pan and stir occasionally until starting to soften, 4-6 minutes.
- Add **apple** and **seasoning blend** and stir occasionally until vegetables are tender, 3-5 minutes.
- While Brussels and apple cook, cook pork.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 1 and 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as pork in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



3. Cook the Pork Medallions

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **pork medallions** to hot pan and cook until pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer pork to a plate and rest, 3 minutes. Wipe pan clean and reserve.



4. Make Apple Cider Glaze and Finish Dish

- Return pan used to cook pork to medium-high heat. Add **mustard**, **demi-glace**, **honey**, and **cider** to hot pan. Bring to a boil.
- Once boiling, stir constantly until thickened slightly, 2-3 minutes.
- Remove from burner and stir in **butter** and a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, spooning apple cider glaze over **pork**. Bon appétit!