



In your box

- 5 oz. Corn Kernels
- 1 oz. Grated Parmesan
- 4 oz. Mixed Diced Peppers
- ½ fl. oz. Honey
- 🌶️ 1 Jalapeño Pepper
- 2 tsp. Ancho Cinnamon Rub
- 1 tsp. Cilantro Lime Pepper Salt
- 🌶️ ¼ fl. oz. Hot Sauce

Customize It Options

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

*Contains: milk

You will need

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



Honey-Ancho Pork Medallions

with corn and pepper hash

NUTRITION per serving—Calories: 451, Carbohydrates: 27g, Sugar: 11g, Fiber: 3g, Protein: 44g, Sodium: 1511mg, 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

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cheese**



1. Cook the Pork Medallions

- Pat **pork medallions** dry, and season all over with **ancho cinnamon rub**.
- 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.
- Remove from burner. Rest, 3 minutes.
- While pork cooks, prepare and cook vegetables.



2. Prepare the Jalapeño

- Stem **jalapeño**, seed, remove ribs, and slice into thin strips. Wash hands and cutting board after working with **jalapeño**.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork medallions in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with **seasoning rub**. Follow same instructions as pork medallions in Step 1, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Add **jalapeño** (to taste), **corn**, **diced peppers**, **cilantro lime pepper salt**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until slightly tender, 4-5 minutes.
- Remove from burner and stir in half the **cheese** (reserve remaining for garnish).



4. Finish the Dish

- Plate dish as pictured on front of card, topping **pork** with **honey** and **vegetables** with remaining **cheese** and **hot sauce** (to taste). Bon appétit!