



In your box

- 1 fl. oz. Brewpub Style Mustard
- 12 oz. Red Potatoes
- 1 oz. Butter
- 1 Granny Smith Apple
- 3 Thyme Sprigs
- 2 oz. Baby Spinach
- ¼ cup Pretzel Crumble
- 2 tsp. Mirepoix Broth Concentrate
- 🔥 1 tsp. Hot Sauce

Customize It Options

- 12 oz. Boneless Pork Chops
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Colander, Medium Non-Stick Pan, Baking Sheet, Medium Pot, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Pretzel-Crusted Pork Chop

with steakhouse mashed potatoes and herbed apple

NUTRITION per serving—Calories: 739, Carbohydrates: 60g, Sugar: 12g, Fiber: 6g, Protein: 43g, Sodium: 1496mg, Fat: 38g, Saturated Fat: 13g
 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

45-55 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes.
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **mustard-hot sauce**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 3 and 4, searing pretzel-side down until browned, 2-3 minutes, then roasting pretzel-side up until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **salmon**, follow same instructions as pork chops in Steps 3 and 4, topping flesh side with sauce and pretzel, searing, pretzel-side down, until browned, 2-4 minutes, then roasting pretzel-side up until salmon reaches minimum internal temperature, 7-10 minutes.



1. Make the Mashed Potatoes

- Quarter **potatoes**.
- Bring a medium pot with potatoes covered by **water** to a boil. Cook until fork-tender, 15-18 minutes.
- Drain potatoes in a colander and return to pot. Add **spinach** (prepared in next step), **butter**, ¼ tsp. **salt**, and a pinch of **pepper** and mash until spinach is wilted and combined and potatoes are slightly chunky. Set aside.
- While potatoes cook, prepare ingredients.



2. Prepare Ingredients and Make Sauce

- Coarsely chop **spinach**.
- Stem and mince **thyme**.
- Quarter **apple** and remove core. Cut into ½" slices.
- Combine **mustard** and **hot sauce** (to taste) in a mixing bowl. Transfer 1 tsp. mustard-hot sauce into another mixing bowl and set both aside. *Using two bowls allows some to be brushed on raw pork and remaining to be reserved uncontaminated.*



3. Prepare the Pork Chops

- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**.
- Spread **mustard-hot sauce** from 1 tsp. bowl evenly on one side of pork chops. (Reserve second bowl for topping.) Top with **pretzel breader**, pressing firmly to adhere.



4. Roast the Pork Chops

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork chops** to hot pan, pretzel-side down, and cook until golden-brown, 2-3 minutes on one side.
- Transfer pork chops to prepared baking sheet, pretzel-side up. Wipe pan clean and reserve.
- Bake in hot oven until pork reaches a minimum internal temperature of 145 degrees, 8-10 minutes.
- Rest roasted pork chops, 3 minutes.
- While pork cooks, cook apple.



5. Cook Apple and Finish Dish

- Return pan used to cook pork chops to medium heat. Add 1 tsp. **olive oil**, **apple**, and **thyme** to hot pan. Stir occasionally until apple begins to soften, 2-3 minutes.
- Add **mirepoix broth concentrate** and a pinch of **salt**. Stir until apple is glazed, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **pork chops** with **mustard-hot sauce** from second bowl. Bon appétit!