



In your box

- 8 oz. Green Beans
- 6 fl. oz. Canola Oil
- ½ oz. Crumbled Bacon
- 1 Shallot
- 1 oz. Flour
- ½ tsp. Coarse Black Pepper
- 1 oz. Light Cream Cheese
- 4 tsp. Chicken Demi-Glace Concentrate
- 2 Green Onions

Customize It Options

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

*Contains: milk, wheat

You will need

- Olive Oil, Salt
- 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	

Classic Meal Kit



Country-Fried Pork Medallions and Pepper Gravy

with Southern-style bacon-braised green beans

NUTRITION per serving—Calories: 600, Carbohydrates: 28g, Sugar: 8g, Fiber: 4g, Protein: 45g, Sodium: 1574mg, Fat: 38g, 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

35-45 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

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: **flour**, **green onions**
- Only half the **coarse black pepper** is used in this recipe



1. Prepare the Ingredients

- Trim ends off **green beans**.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Peel and halve **shallot**. Slice thinly.



2. Prepare the Pork Medallions

- Pat **pork medallions** dry.
- Cover pork with plastic wrap and use a heavy object to pound to an even ½" thickness. Remove plastic wrap. You may also use a *gallon bag* for easier clean up.
- Measure out 1 tsp. **flour** for sauce and set aside. Place remaining flour on a plate. Transfer pork medallions to plate with flour and dredge or flip until completely coated.

Customize It Instructions

- If using **chicken breasts**, follow some instructions as pork in Steps 2 and 3, cooking until chicken reaches minimum internal temperature, 3-4 minutes per side.



3. Cook the Pork Medallions

- Place a medium non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- After 5 minutes, test oil temperature by adding a pinch of **flour** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Carefully, add **pork** to hot oil. Cook until crispy and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove pork to towel-lined plate and rest, 3 minutes. Season with a pinch of **salt**. Wipe pan clean and reserve.



4. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans**, **shallot**, and **bacon** to hot pan and cook undisturbed, 1 minute.
- Stir in 2 Tbsp. **water** and ½ tsp. **salt**. Cover, and cook until green beans are tender, 10-11 minutes.
- Remove from burner.
- While green beans cook, make gravy.



5. Make Pepper Gravy and Finish Dish

- Return pan used to cook pork to medium heat. Add 1 tsp. **olive oil** and **white portions of green onions** to hot pan. Cook until beginning to soften, 2-3 minutes.
- Add reserved 1 tsp. **flour** and stir until no dry flour remains.
- Add **demi-glace**, ½ cup **water**, **cream cheese**, half the **black pepper** (add more to taste), and ¼ tsp. **salt**. Stir to combine, then bring to a simmer.
- Once simmering, stir often until cream cheese is melted and sauce is thickened, 3-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **pork** with gravy and garnishing with **green portions of green onions**. Bon appétit!