



### In your box

- 1 oz. Dried Figs
- 12 oz. Broccoli Florets
- ¼ cup Panko Breadcrumbs
- ½ tsp. Garlic Salt
- 2 tsp. Chicken Demi-Glace Concentrate
- .3 oz. Butter
- 2 tsp. Sugar
- 1 oz. Shredded Parmesan Cheese
- 2 oz. Red Cooking Wine

### Customize It Options

- 12 oz. Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Small Pot

### Minimum Internal Protein Temperature

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

## Classic Meal Kit



# Pork Chop and Red Wine Poached Figs

with panko-Parmesan broccoli

NUTRITION per serving—Calories: 619, Carbohydrates: 34g, Sugar: 16g, Fiber: 6g, Protein: 49g, Sodium: 1345mg, Fat: 29g, 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

**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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray



## 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 **ahi tuna**, follow same instructions as pork in Steps 1 and 3, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*

### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **figs**.
- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**.

### 2. Roast the Broccoli

- Combine **broccoli**, **garlic salt**, 1 Tbsp. **olive oil**, **panko**, **cheese**, and a pinch of **salt** and **pepper** on prepared baking sheet. *Gently press panko to adhere to broccoli.*
- Spread into a single layer. Roast in hot oven until broccoli is tender and panko is golden brown, 14-16 minutes.
- While broccoli roasts, cook pork.



### 3. Cook the Pork

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **pork chops** to hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove from burner. Rest, 3 minutes.
- While pork cooks, make sauce.



### 4. Make the Sauce

- Place a small pot over medium-high heat and add **figs**, **wine**, **demi-glace**, **sugar**,  $\frac{1}{4}$  cup **water**, and a pinch of **salt**. Bring to a simmer.
- Once simmering, stir occasionally until slightly thickened and syrupy, 10-12 minutes.
- Remove from burner. Stir in **butter** until combined.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **pork chops** with **sauce**. Bon appétit!