



In your box

- ¼ cup Tempura Mix
- ½ oz. Pickled Ginger
- 3 tsp. Multicolor Sesame Seeds
- 2 Garlic Cloves
- 1 Red Bell Pepper
- 4 tsp. Miso Sauce Concentrate
- 6 oz. Green Beans
- ½ tsp. Garlic Salt
- 🔥 ¼ tsp. Red Pepper Flakes

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 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
- Mixing Bowl,
- 2 Large Non-Stick Pans,
- Microwave-Safe Bowl

Minimum Internal Protein Temperature

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

Classic Meal Kit



Sesame-Crusted Pork Chop

with spicy ginger green beans and red bell pepper

NUTRITION per serving—Calories: 593, Carbohydrates: 32g, Sugar: 7g, Fiber: 5g, Protein: 41g, Sodium: 1616mg, Fat: 33g, 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

30-40 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



1. Prepare the Ingredients

- Stem, seed, remove ribs, and slice **red bell pepper** into 1" strips.
- Trim ends off **green beans**.
- Mince **ginger**.
- Mince **garlic**.
- Pat **pork chops** dry.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 4-5 minutes per side.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans**, ¼ cup **water**, and a pinch of **salt** and **pepper** to hot pan. Cover, and cook until tender, 5-7 minutes.
- Uncover, and add **red bell pepper** and **garlic** to hot pan. Stir occasionally until pepper is tender, 4-5 minutes.
- Stir in **ginger** until combined and fragrant, 1-2 minutes.
- Remove from burner.
- While vegetables cook, cook pork.



2. Prepare the Pork

- Cover **chops** with plastic wrap and use a heavy object to pound to an even 1" thickness. *If pork chops have uneven thickness, pound to equal thickness no less than ½". You may also use a gallon bag for easier clean-up.* Remove plastic wrap. Season on both sides with **garlic salt** and a pinch of **pepper**.
- Combine **tempura mix** and 4 Tbsp. **water** in a mixing bowl. Stir until a thin batter forms, like pancake batter. *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- Dip a pork chop in tempura batter, coating completely. Transfer to a plate and coat evenly with half the **sesame seeds**, pressing gently to adhere. Repeat with second pork chop and remaining sesame seeds.



4. Fry the Pork Chops

- Line a plate with a paper towel. Place another large non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**. Let oil heat, 5 minutes.
- After 5 minutes, test oil temperature by adding a pinch of **tempura batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Add **pork chops** to hot oil. Cook until **sesame seeds** are seared into place and pork reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side.
- Remove to towel-lined plate. Rest, 3 minutes.



5. Make Sauce and Finish Dish

- Combine **miso sauce** and 2 Tbsp. **water** in a microwave-safe bowl. Microwave on high until heated through, 20-30 seconds.
- Plate dish as pictured on front of card, topping **pork chop** with miso sauce and garnishing **vegetables** with **red pepper flakes** (to taste). Bon appétit!