



In your box

12 oz. Brussels Sprouts
1 Shallot
2 oz. Pretzels
1.26 oz. Mayonnaise
.46 oz. Brown Sugar
¼ oz. Dijon Mustard

Customize It Options

12 oz. Boneless Pork Chops
13 ½ oz. Organic Boneless Skinless Chicken Breasts
13 oz. Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
14 oz. Duroc Boneless Pork Chops

*Contains: eggs, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Mixing Bowls, Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Pretzel-Crusted Pork Chop

with brown sugar Dijonnaise and shaved Brussels sprouts

NUTRITION per serving—Calories: 622, Carbohydrates: 40g, Sugar: 12g, Fiber: 6g, Protein: 43g, Sodium: 1353mg, Fat: 32g, 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

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **mayonnaise**



1. Prepare the Ingredients

- Trim bottoms off **Brussels sprouts** and thinly slice.
- Peel and slice **shallot** into thin rounds.
- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**.



2. Bread the Pork Chops

- Combine half the **mayonnaise** (reserve remaining for sauce) and 2 tsp. **water** in a mixing bowl.
- Finely crush **pretzels** until consistency of breadcrumbs. *For best results, place in a plastic bag and crush with a heavy object.* Combine pretzels and a pinch of **salt** on a plate.
- Dip a pork chop in mayonnaise-water mixture, coating completely. Transfer pork chop to pretzel breading plate and flip until coated, pressing gently to adhere.
- Set breaded pork chop on a plate. Repeat with second pork chop.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 1, 2, and 3, coating in **breeding**, then searing until browned, 2-3 minutes per side. Transfer to baking sheet and roast until chicken reaches minimum internal temperature, 10-12 minutes.



3. Roast the Pork Chops

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan. Cook until golden brown, 2-3 minutes per side.
- Transfer pork chops to prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- Carefully remove from oven. Rest, 3 minutes.
- While pork chops roast, cook vegetables.



4. Cook the Vegetables

- Return pan used to sear pork chops to medium-high heat.
- Add 1 tsp. **olive oil**, **Brussels sprouts**, **shallot**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan.
- Stir occasionally until Brussels sprouts are browned and tender, but still crisp, 7-9 minutes.
- Remove from burner.



5. Make Dijonnaise and Finish Dish

- In another mixing bowl, combine remaining **mayonnaise**, **brown sugar**, and **Dijon**.
- Plate dish as pictured on front of card, drizzling Dijonnaise over **pork**. Bon appétit!