



### In your box

- ¼ cup Panko Breadcrumbs
- 1 fl. oz. Brewpub Style Mustard
- 1 oz. Light Cream Cheese
- 1 oz. Shredded White Cheddar Cheese
- 12 oz. Brussels Sprouts
- 1 Gala Apple
- Customize It Options**
- 12 oz. Boneless Pork Chops
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, Small Pot

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



# Panko-Crusted Pork Chop and Brew Pub Cheese Sauce

with roasted apples and Brussels sprouts

NUTRITION per serving—Calories: 610, Carbohydrates: 32g, Sugar: 13g, Fiber: 7g, Protein: 47g, Sodium: 1590mg, Fat: 33g, Saturated Fat: 11g  
 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  
**Not Spicy**

## 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 generously coat with cooking spray

## Customize It Instructions

- If using **filets mignon**, follow same instructions as pork chops in Steps 2 and 4, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **chicken breasts**, follow same instructions as pork chops in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as pork chops in Steps 2 and 4, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



### 1. Roast the Brussels Sprouts

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Place Brussels sprouts on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**.
- Spread into a single layer, cut-side down. Roast in hot oven, 10 minutes.
- *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, prepare ingredients.



### 2. Prepare the Ingredients

- Peel **apple**, quarter, and remove core. Cut into ½" dice.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Place **panko** on a plate. Transfer pork to plate with panko, coating one side completely. Press gently to adhere.



### 3. Bake the Apples and Brussels Sprouts

- After 10 minutes, carefully remove baking sheet from oven. Gently stir in **apple** and a pinch of **salt** until combined. *Sheet will be hot! Use a utensil.*
- Bake again in hot oven until Brussels sprouts are browned and apples are fork-tender, 15-20 minutes.
- While apples and Brussels sprouts bake, cook pork.



### 4. Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **pork chops**, panko-side down, to hot pan. Cook until golden-brown and pork reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- Remove from burner and transfer to a plate. Season with a pinch of **salt**. Rest, 3 minutes.



### 5. Make Sauce and Finish Dish

- Place a small pot over medium heat. Add **cream cheese**, ¼ tsp. **salt**, and 1/3 cup **water**. Bring to a simmer, stirring vigorously until cream cheese is melted.
- Once simmering, add **shredded cheese**. Stir constantly until slightly thickened and cheese is melted, 30-60 seconds.
- Remove from burner and stir in **mustard**.
- Plate dish as pictured on front of card, topping **pork** with sauce. Bon appétit!