



- In your box**
- 12 oz. Brussels Sprouts
  - 1 Shallot
  - 12 oz. Boneless Pork Chops
  - ½ cup Pretzel Breading
  - 2 oz. Mayonnaise
  - ½ oz. Light Brown Sugar
  - ½ oz. Dijon Mustard



Customer Favorite

## Pretzel-Crusted Pork Chop

with brown sugar Dijonnaise and shaved Brussels sprouts

NUTRITION per serving—Calories: 606, Carbohydrates: 25g, Fat: 37g, Protein: 43g, Sodium: 1114mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time  
25-35 min.

Cook Within  
6 days

Difficulty Level ● ◻ ◻ ◻  
Easy

Spice Level ◻ ◻ ◻ ◻  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 2 Mixing Bowls, Medium Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- 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. Place **pretzel breading** on a plate and season with ¼ tsp. **salt**.
- Coat a **pork chop** completely in mayonnaise-water mixture. Place pork chop in pretzel breading and coat completely, pressing gently to adhere.
- Set breaded pork chop on a plate. Repeat with second pork chop.



3

### Cook 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 and roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- *If using **antibiotic-free chicken breasts**, follow same instructions for searing chicken. Transfer chicken breasts to prepared baking sheet and roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.*

- Reserve pan; no need to wipe clean.
- 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 tender but still crisp and caramelized, 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 chops**. Bon appétit!