



#### In your box

- .125 oz. Oregano
- 1 Yellow Squash
- 2 Zucchini
- 2 Boneless Pork Chops
- ¼ cup Chicken Breading
- 8 fl. oz. Marinara Sauce
- 2 oz. Shredded Mozzarella

CONTAINS milk, wheat, soy



## Pork Chop Parmesan

with zucchini and yellow squash

NUTRITION per serving—Calories: 477, Carbohydrates: 19g, Fat: 32g, Protein: 36g, Sodium: 1540mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**25-35 min.**

Cook Within  
**6 days**

Difficulty Level ● ○ ○ ○  
**Easy**

Spice Level ○ ○ ○ ○ ○  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper

Large Oven-Safe Non-Stick Pan, Mixing Bowl

## 👑 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **oregano**



1

### Prepare the Ingredients

- Trim **yellow squash** and **zucchini** ends, halve lengthwise, and cut into ½” half-moons.
- Stem and coarsely chop **oregano**.
- Pat **pork chops** dry.



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### Bread and Sear the Pork Chops

- Heat 2 tsp. **olive oil** in a large oven-safe non-stick pan over medium heat.
- While pan heats, place **breadcrumbs** in a mixing bowl. Add **pork chops** to breadcrumbs, covering pork completely and pressing to adhere.
- Add pork chops to hot pan and sear until browned, 2-3 minutes per side.
- Transfer to a plate. *Pork will finish cooking in a later step.*
- Wipe pan clean and reserve.



3

### Sear the Vegetables

- Return pan used to sear pork to medium heat.
- Add 1 tsp. **olive oil**, **yellow squash**, **zucchini**, and **oregano** (reserving a pinch for garnish) to hot pan. Cook undisturbed until lightly charred, 2-3 minutes.
- Remove from burner. Stir in **marinara**, ¼ tsp. **salt**, and a pinch of **pepper**.



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### Roast the Pork Chops and Vegetables

- Place **pork chops** on top of **vegetables** in pan. Top pork with **mozzarella**.
- Place pan in oven and roast until mozzarella melts and pork reaches a minimum internal temperature of 145 degrees, 8-10 minutes.



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing with reserved **oregano**. Bon appétit!