



In your box

- ½ tsp. Powdered Ranch Seasoning
- 2 Garlic Cloves
- ½ oz. Seasoned Croutons
- 2 oz. Light Cream Cheese
- 12 oz. Green Beans
- 1 oz. Sour Cream
- 1 Roma Tomato

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Large Non-Stick Pan, Baking Sheet, Mixing Bowl



Ranch-Crusted Pork Chop

with green beans and tomato

NUTRITION per serving—Calories: 548, Carbohydrates: 20g, Fat: 32g, Protein: 44g, Sodium: 1216mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 400 degrees
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Step 1 and Step 3, roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **salmon**, pat dry, and season flesh-side with a pinch of **salt** and **pepper**. Follow same instructions as pork chops in Step 3, searing on flesh-side until golden brown, 2-4 minutes. Place on baking sheet flesh-side up, and follow instructions for crusting. Roast until salmon reaches minimum internal temperature, 7-10 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Coarsely crush **croutons**.
- Trim ends off **green beans**.
- Core **tomato** and cut into ¼" dice.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Crust

- Combine **cream cheese**, **sour cream**, and **ranch seasoning** in a mixing bowl. Set aside.



3

Cook the Pork Chops

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork chops** to hot pan and sear until golden brown, 2-3 minutes per side.
- Transfer pork chops to prepared baking sheet and spread on **crust** evenly. Top crust with **crushed croutons**.
- Roast in hot oven until pork chops reach minimum internal temperature, 6-8 minutes.
- Reserve pan; no need to wipe clean.
- While pork chops roast, cook green beans and tomatoes.



4

Cook the Green Beans and Tomatoes

- Return pan used to sear pork chops to medium heat and add 1 Tbsp. **olive oil**. Add **green beans**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan and stir occasionally until tender but still crisp, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Add **tomato**, **garlic**, and a pinch of salt. Stir occasionally until garlic is aromatic, 30-60 seconds.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!