



In your box

- 2 Zucchini
- 1 Yellow Squash
- 1 Lime
- ¼ oz. Cilantro
- 2 Boneless Pork Chops
- 1 tsp. Chipotle Seasoning
- 2 oz. Sour Cream
- ½ oz. Tortilla Strips
- 1 oz. Shredded Cheddar-Jack Cheese



Tortilla Pork Chop

with squash and lime crema

NUTRITION per serving—Calories: 520, Carbohydrates: 17g, Fat: 28g, Protein: 45g, Sodium: 960mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
6 days

Difficulty Level 
Easy

Spice Level 
Mild

🕒 You will need

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

👑 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



1

Prepare the Ingredients

- Trim **zucchini** and **yellow squash** ends, halve lengthwise, and cut into ½” half-moons.
- Halve **lime**. Quarter one half and juice remaining half.
- Stem and mince **cilantro**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Squash

- Place **zucchini** and **yellow squash** on prepared baking sheet and toss with **chipotle seasoning**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven, 15 minutes.
- Remove from oven. *Squash will finish cooking in a later step.*
- While squash roasts, sear pork chop.



3

Sear the Pork Chops

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **pork chops** to hot pan and sear until browned, 2-3 minutes per side.
- Remove from burner. *Pork chops will finish cooking in a later step.*



4

Finish the Pork Chops and Squash

- Coarsely crush **tortilla strips**. In a mixing bowl, combine crushed tortilla strips, **cheese**, and 1 tsp. **olive oil**.
- Carefully, move **squash** on one side of baking sheet. Place **pork chops** in empty space and top with **tortilla strip-cheese mixture**.
- Roast until pork chops reach a minimum internal temperature of 145 degrees, 6-7 minutes.



5

Make Lime Crema and Finish Dish

- In another mixing bowl, combine **sour cream** and 1 tsp. **lime juice**.
- Plate dish as pictured on front of card, drizzling **squash** with **lime crema** and garnishing with **cilantro**. Squeeze **lime wedges** over to taste. Bon appétit!