



#### In your box

8 oz. Pre-Cut Zucchini  
2 fl. oz. Tonkatsu Sauce  
¼ cup Panko Breadcrumbs  
3 oz. Matchstick Carrots  
1 Green Bell Pepper  
½ tsp. Garlic Salt

#### Customize It Options

12 oz. Pork Tenderloin Medallions  
13 oz. Boneless Skinless Chicken Breasts  
13 ½ oz. Organic Boneless Skinless Chicken Breasts  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: wheat, soy

#### You will need

Olive Oil, Salt, Pepper  
Large Non-Stick Pan, Medium Non-Stick Pan



## Crispy Panko Pork Medallions

with tonkatsu sauce and stir-fried vegetables

NUTRITION per serving—Calories: 413, Carbohydrates: 29g, Fat: 16g, Protein: 39g, Sodium: 1521mg.

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

10-15 min.

Cook Within

4 days

Difficulty Level

Easy

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

### Customize It Instructions

- If using **chicken**, follow same instructions as pork in Step 1, placing panko on both sides. Follow same instructions as pork in Step 2, cooking over medium heat until chicken reaches minimum internal temperature, 5-7 minutes.

#### Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Stem, seed, remove ribs, and cut **green bell pepper** into thin strips.
- Pat **pork** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Place **panko** on a plate and top with pork, pressing gently to adhere. *Pork will only be crusted on one side.*



2

### Cook the Pork

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **pork** to hot pan, panko-side down, and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes per side.
- Remove from burner. Transfer pork medallions to a plate.
- While pork cooks, cook vegetables.



3

### Cook the Vegetables

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green bell pepper** and **zucchini** to hot pan and stir occasionally until starting to soften, 3-4 minutes.
- Add **carrots** and **garlic salt** and stir occasionally until tender and lightly browned, 2-3 minutes.
- Remove from burner.



4

### Finish the Dish

- Plate dish as pictured on front of card, placing **pork** on **tonkatsu sauce**. Bon appétit!