



In your box

- 3 oz. Pineapple Chunks
- 1 Shallot
- 2 tsp. "Everything Bagel" Seasoning
- ¼ tsp. Red Pepper Flakes
- 2 oz. Teriyaki Glaze
- 8 oz. Broccolini

Customize It Options

- 12 oz. Pork Tenderloin Medallions
- 10 oz. Lamb Loin Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

You will need

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



Hula Pineapple-Teriyaki Glazed Pork Medallions

with broccolini

NUTRITION per serving—Calories: 499, Carbohydrates: 26g, Fat: 25g, Protein: 42g, Sodium: 1275mg.
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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

👑 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 breasts**, follow same instructions as pork in Step 1 and Step 2, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **lamb chops**, follow same instructions as pork in Step 1 and Step 2, cooking until lamb reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- If using **salmon**, pat dry and season flesh side with a pinch of salt and pepper. Follow same instructions as pork in Step 2, adding salmon skin side up, and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

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



Prepare the Ingredients

- Peel and halve **shallot**. Slice thinly.
- Trim bottom end from **broccolini**.
- Coarsely chop **pineapple**.
- Pat **pork tenderloin** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



Cook the Pork

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **pork** to hot pan and cook until browned and pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Transfer pork to a plate.
- Reserve pan; no need to wipe clean.
- While pork cooks, cook broccolini.



Cook the Broccolini

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **broccolini** and 1 Tbsp. **water** to hot pan. Cover, and cook until slightly softened, 2-3 minutes.
- Carefully uncover (there will be steam!), and add **shallot** to pan. Stir occasionally until shallot is tender, 2-3 minutes.
- Stir in **seasoning blend** and a pinch of **salt**. Stir occasionally until broccolini is tender, 4-5 minutes.
- Remove from burner.



Make Teriyaki Glaze and Finish Dish

- Return pan used to cook pork to medium heat and add 2 tsp. **olive oil**. Add **pineapple** to hot pan and stir occasionally until lightly charred, 2-4 minutes.
- Add **teriyaki glaze** and **red pepper flakes** (to taste) and stir until heated through, 30-60 seconds.
- Plate dish as pictured on front of card, topping **pork** with pineapple teriyaki glaze. Bon appétit!