



#### In your box

- 12 oz. Asparagus
- 1 oz. Feta Cheese
- 2 Dill Sprigs
- 4 oz. Grape Tomatoes
- 1 oz. Sour Cream
- 1 Lemon

#### Customize It Options

- 12 oz. Pork Tenderloin Medallions
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks

#### You will need

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



## Pork Medallions with Lemon Dill Crema and feta asparagus

NUTRITION per serving—Calories: 408, Carbohydrates: 13g, Fat: 24g, Protein: 43g, Sodium: 1008mg.  
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

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 **sirloin steaks** or **chicken**, follow same instructions as pork in Step 1 and 2, cooking until proteins reach minimum internal temperature, 5-7 minutes per side.

#### Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Stem and coarsely chop **dill**.
- Trim woody ends off **asparagus**.
- Halve **lemon**. Juice one half and cut remaining half into wedges.
- Pat **pork medallions** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**. *If you receive pork tenderloin, slice into  $\frac{1}{2}$ " pieces. Season the same amount.*



2

### Cook the Pork Medallions

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **pork medallions** to hot pan and cook until pork reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove from burner.
- 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 **asparagus** to hot pan and cook undisturbed until bright green, 2-3 minutes.
- Stir in 2 Tbsp. **water**, **tomatoes**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Cover, and cook until asparagus is tender, 3-5 minutes.
- Remove from burner.



4

### Make Lemon Dill Crema and Finish Dish

- In a mixing bowl, combine **sour cream**, **dill**, 1 tsp. **lemon juice**, a pinch of **salt**, and 1 tsp. **water**.
- Plate dish as pictured on front of card, placing **pork** on lemon dill crema, and topping **asparagus** with **feta**. Squeeze **lemon wedges** over vegetables to taste. Bon appétit!