



In your box

- 2 oz. Hawaiian Sweet and Sour Sauce
- 2 Green Onions
- 12 oz. Coin Cut Carrots
- .40 fl. oz. Tamari Soy Sauce
- 1 tsp. Asian Garlic and Ginger Seasoning
- 1 oz. Honey Roasted Peanuts

Customize It Options

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

*Contains: wheat, peanuts, soy

You will need

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



Hawaiian Sweet and Sour Pork Medallions

with soy-glazed carrots

NUTRITION per serving—Calories: 482, Carbohydrates: 35g, Fat: 20g, Protein: 41g, Sodium: 1493mg.

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

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
- Ingredient(s) used more than once: **seasoning blend**

Customize It Instructions

- If using **chicken**, follow same instructions as pork medallions in Steps 2 and 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



Start the Carrots

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **carrots** to hot pan and stir occasionally until lightly browned, 3-5 minutes.
- Add ¼ cup **water**, **soy sauce**, remaining **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally, and cook until tender, 5-8 minutes.
- While carrots cook covered, prepare ingredients.



Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Coarsely chop **peanuts**.
- Pat **pork medallions** dry, and season all over with half the **seasoning blend** (reserve remaining for carrots), ¼ tsp. **salt**, and a pinch of **pepper**.



Cook the Pork

- Place a large non-stick pan over medium-high 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, 3-4 minutes per side.
- Remove from burner and add **sweet and sour sauce** to pan, flipping medallions to coat.



Finish Carrots and Finish Dish

- Stir **green onions** into pan with **carrots** until softened, 1-2 minutes.
- Remove from burner and stir in **peanuts**.
- Plate dish as pictured on front of card. Bon appétit!