



In your box

5 oz. Baby Spinach
½ oz. Crispy Garlic
1 oz. Shaved Parmesan
1½ oz. Balsamic Vinaigrette
1 Roma Tomato
1 Shallot
½ fl. oz. Basil Oil
1 oz. Shredded Mozzarella

Customize It Options

12 oz. Boneless Pork Chops
12 oz. Salmon Fillets
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, fish (salmon)

You will need

Olive Oil, Salt, Pepper
Medium Non-Stick Pan, 2 Mixing Bowls



Bruschetta Pork Chops

with spinach salad

NUTRITION per serving—Calories: 595, Carbohydrates: 13g, Fat: 38g, Protein: 47g, Sodium: 938mg.

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

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
- ☐ Ingredient(s) used more than once: **shallot**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as pork in Step 1, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **wild-caught salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as pork in Step 1, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

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



1

Cook the Pork Chops

- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Place pork chops in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Top with **mozzarella**. Remove from burner and cover.
- While pork chops cook, make topping.



3

Make the Salad

- In another mixing bowl, combine **spinach**, **vinaigrette**, and remaining **shallot**. Top with **crispy garlic**.



2

Make the Tomato Topping

- Core **tomato** and cut into ¼" dice.
- Peel and halve **shallot**. Slice thinly.
- In a mixing bowl, combine half the shallot (reserve remaining for salad), tomato, **basil oil**, and a pinch of **pepper** and **salt**, to taste. Set aside.



4

Finish the Dish

- Plate dish as pictured on front of card, topping **pork chop** with **tomato topping**, and garnishing pork chops and **salad** with **Parmesan**. Bon appétit!