



In your box

- 2 oz. Hot Jalapeño Jelly
- 2 Pineapple Rings
- 5 oz. Sliced Bok Choy
- 6 oz. Pepper and Onion Mix
- 1 tsp. Garlic Salt

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

You will need

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



Pineapple Pepper Jelly Pork Chops

with bok choy and bell peppers

NUTRITION per serving—Calories: 449, Carbohydrates: 30g, Fat: 19g, Protein: 39g, Sodium: 1441mg.

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

Customize It Instructions

- If using **chicken breasts**, pat dry and follow same instructions as pork chops in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **wild-caught salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt**. Follow same instructions as pork chops in Step 1, cooking until salmon reaches minimum internal temperature, 3-5 minutes per side.
- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt**. Follow same instructions as pork chops in Step 1, 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°



Cook the Pork Chops

- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt**.
- Place a medium non-stick pan over medium-high heat and add 1 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.
- Transfer pork chops to a plate. Reserve pan; no need to wipe clean.
- While pork cooks, prepare pineapple.



Prepare the Pineapple

- Pat **pineapple** dry and coarsely chop.



Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **pepper and onion mix** to hot pan and stir occasionally until starting to soften, 2-3 minutes.
- Add **bok choy and garlic salt**. Stir occasionally until tender, 2-3 minutes.
- Remove from burner.



Make Sauce and Finish Dish

- Return pan used to cook pork to medium-high heat. Add **pineapple** to hot pan and cook undisturbed until starting to char, 1-2 minutes.
- Add **jalapeño jelly** and stir constantly until melted, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **pork** with pineapple-jalapeño jelly sauce. Bon appétit!