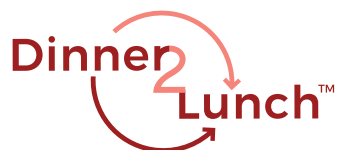




PORK CUTLETS WITH DILL - DINNER
















ADOBO PORK BOWL - LUNCH



COOK IT ONCE, EAT IT TWICE
Tonight's dinner extras transform into tomorrow's lunch.

DINNER	TOTAL: 40 MIN	CALORIES: 610
LUNCH	TOTAL: 5 MIN	CALORIES: 690

INGREDIENTS FOR: 2-person | 4-person

- | | | | | | | | |
|---|---|--|--|---|---|--|---|
| 
Yukon Gold Potatoes
12 oz 24 oz | 
Roma Tomatoes
2 2 | 
Dill
¼ oz ½ oz | 
Poblano Pepper
1 1 | 
Fry Seasoning
1 TBSP 2 TBSP | 
Pork Cutlets
24 oz 36 oz | 
Chicken Stock Concentrate
1 2 | 
Adobo Sauce
2 oz 2 oz |
| 
Scallions
2 2 | 
Lime
1 1 | 
Cilantro
¼ oz ¼ oz | 
Jasmine Rice
¾ Cup ¾ Cup | 
Broccoli Florets
8 oz 16 oz | 
Dijon Mustard
2 tsp 4 tsp | 
Sour Cream
(Contains: Milk)
6 TBSP 8 TBSP | |

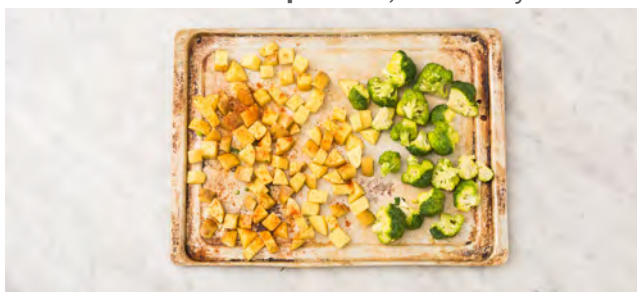
BUST OUT • Baking sheet • Small pot • Large bowl • Large pan • Paper towel • Medium pan
• 2 Plastic containers • Vegetable oil (7 tsp | 14 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

DINNER



1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and place a baking sheet inside oven. Preheat oven to 450 degrees. Bring **1½ cups water** and a pinch of **salt** to a boil in a small pot. Cut **potatoes** into ½-inch cubes. Trim, then thinly slice **scallions**, separating greens and whites. Finely dice **tomatoes**. Halve **lime**; cut one half into wedges. Pick fronds from **dill**; discard stems. Finely chop fronds. Finely chop **cilantro**. Core and seed **poblano**, then thinly slice.



3 COOK VEGGIES AND PORK

Remove sheet from oven and place **potatoes** on one half. Toss **broccoli** with a large drizzle of **oil** and season with **salt** and **pepper**; place on other side of sheet. Roast in oven until crisp, about 25 minutes, tossing halfway. Heat a large drizzle of oil in a large pan over medium-high heat. Pat **pork** dry with a paper towel; season all over with salt and pepper. Add to pan and cook to desired doneness, 2-4 minutes per side.

TIP: Work in batches if not all will fit.



2 COOK RICE AND MAKE SALSA

Once water boils, stir **rice** into pot. Cover, lower heat, and reduce to a simmer. Cook until tender, about 14 minutes (keep covered off heat until ready to serve). Meanwhile, in a large bowl, toss together **tomatoes**, **scallion whites**, and **cilantro**. Squeeze in juice from **lime half**, then season with **salt** and **pepper**. Set aside. Toss **potatoes** with a large drizzle of **oil** and season with **fry seasoning**, salt, and pepper.



4 MAKE SAUCE AND SERVE DINNER

Remove **pork** from pan; set aside. Rinse and wipe out pan, then place over low heat. Add **1 TBSP butter**, **mustard**, **stock concentrate**, **2 TBSP sour cream** (save the rest for lunch), **2 TBSP water**, and **1 tsp dill** to pan and stir. Season with **salt** and **pepper**. (**TIP:** If very thick, add more water, 1 tsp at a time, until loosened.) Divide **potatoes**, **broccoli**, and half the pork between plates. Spoon pan sauce over pork on plate. Garnish with remaining dill, to taste, and serve.



5 PREP LUNCH FOR TWO

Heat a drizzle of **oil** in a medium pan over medium-high heat. Add **poblano** and cook, tossing, until softened, 3-5 minutes. Thinly slice remaining **pork** and add to bowl with **tomato mixture**, then add **adobo sauce** and cooked poblano. Toss to combine. Fluff **rice** with a fork and stir in **scallion greens**. Season with **salt** and **pepper**.

LUNCH



6 PACK LUNCH FOR TWO FOR TWO

Divide **rice** and **pork mixture** between two reusable plastic containers. Pack each with **lime wedges** and a packet of **sour cream**. Keep refrigerated. When ready to eat, microwave rice and pork mixture on high for 1-2 minutes. Squeeze lime and sour cream over before digging in.