



Balsamic-Glazed Pork Chops

with Cheddar-Garlic Bread and Pepper Side Salad

Quick 20 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Chops, boneless



Chicken Breasts



Ciabatta Roll



Sweet Bell Pepper



Spring Mix



Balsamic Glaze



Dijon Mustard



Garlic Salt



Cheddar Cheese, shredded



Garlic Puree



White Wine Vinegar

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

Bust out

Baking sheet, measuring spoons, silicone brush, aluminum foil, large bowl, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Chicken Breasts*	2	4
Ciabatta Roll	2	4
Sweet Bell Pepper	1	2
Spring Mix	56 g	113 g
Balsamic Glaze	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Garlic Salt	1 tsp	2 tsp
Cheddar Cheese, shredded	½ cup	1 cup
Garlic Puree	1 tbsp	2 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1 Prep and cook pork

- Pat **pork** dry with paper towels. Season with **half the garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **pork**. Pan-fry until golden-brown and cooked through, 6-8 min per side. **
- Remove from heat.
- Transfer **pork** to a plate, then cover loosely with foil and let rest, 2-3 min.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **pork chops**. **



4 Make salad

- Meanwhile, add ½ **tbsp** (1 **tbsp**) **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and 1 **tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **peppers** and **spring mix**, then toss to combine.



2 Prep and make garlic oil

- Meanwhile, core, then cut **pepper** into ¼-inch slices.
- Add **half the garlic puree** and 1 **tbsp** (2 **tbsp**) **oil** to a small bowl. Season with **pepper**, then stir to combine.



3 Toast cheesy garlic bread

- Halve **ciabatta**. Arrange on an unlined baking sheet, cut-side up.
- Brush cut sides with **garlic oil**, then season with **remaining garlic salt**.
- Sprinkle **cheese** over top.
- Toast in the **middle** of the oven until **cheese** melts, 2-4 min. (**TIP**: Keep an eye on **garlic bread** so it doesn't burn!)



5 Make glaze

- Add **balsamic glaze**, **Dijon** and **remaining garlic puree** to a small microwavable bowl. Season with **salt** and **pepper**, then stir to combine.
- Microwave until warm, about 30 sec. (**TIP**: If you don't have a microwave, heat glaze in a small pan over medium heat for 1 min.)



6 Finish and serve

- Thinly slice **pork**.
- Cut **cheesy garlic bread** into 1-inch slices.
- Divide **pork**, **cheesy garlic bread** and **salad** between plates.
- Drizzle **glaze** over **pork**.

Dinner Solved!