



## Crispy Southwestern Chicken Cutlets, Mashed Potatoes with Roasted Peppers and Onions

Prep Time: 20 min.

Cook Time : 25 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

690 calories

37 g total fat

400 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 lbs. Yukon gold potatoes
- 2 Poblano peppers
- 1/2 cup Monterey Jack Cheese, shredded
- 1 tsp chili powder
- 8 Tbsp light sour cream
- 2 medium sweet onions, thinly sliced
- 1 cup panko breadcrumbs
- 3 tsp spice blend (garlic powder, paprika, cumin and coriander)
- 1.5 lbs. chicken cutlets
- 2 tsp hot sauce
- 4 tsp olive oil\*\*
- 3 Tbsp butter\*\*
- 1 tsp vegetable oil\*\*
- Salt and Pepper\*\*

### DIRECTIONS:

- In a medium bowl, combine **panko**, **shredded cheese**, a large drizzle of **olive oil**, **2 tsp spice blend**, **half the chili powder (1/2 tsp)**, a **pinch of salt** and a **pinch of pepper**.
- Peel and dice **potatoes** into 1/2 inch pieces. Place in a medium pot with enough salted water to cover by 1 inch. Bring to a boil over medium high heat and cook until tender, 15-18 minutes. **Reserve 3/4 cup cooking water**, then drain and return to pot. Cover.
- Halve, deseed and thinly slice the **poblano peppers**. Combine the **sliced peppers** and **sliced onions** in a bowl. Drizzle with **olive oil** and season with remaining **1 tsp of the spice blend** and remaining **1/2 tsp of chili powder**.
- Adjust oven rack to middle position and preheat oven to 425 degrees. Spray a baking sheet with nonstick **cooking spray**. Pat **chicken** dry with paper towels; season on both sides with **salt** and **pepper** and place on one side of the prepared sheet. Brush tops of chicken with **half of the sour cream** (save the rest for later) and sprinkle **panko mixture** onto top of chicken, pressing to adhere. Put the **peppers** and **onions** on the other side of the baking sheet and bake in the preheated oven 20 to 25 minutes until chicken is done and vegetables are roasted.
- Using a potato masher, mash **potatoes** until smooth. Stir in remaining **sour cream**, **3 tbsp butter**, and **half of the reserved cooking water**. If mixture is too thick, add some more cooking water, a splash at a time until creamy. Season with salt and pepper.
- Serve mashed potatoes top with roasted vegetable or serve the vegetables on the side. Drizzle chicken cutlets with hot sauce left in roasting pan if desired.

**Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.**

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## Pork Medallions with Balsamic Vinegar and Capers with Roasted Sweet Potatoes and Brussel Sprouts

Prep Time: 15 min.

Cook Time : 45 mins

Serves: 4

### NUTRITION FACTS, PER SERVING:

377 calories

15.34 g total fat

759 mg of sodium



### INGREDIENTS: \*\* Items not included in kit

- 1/4 cup all-purpose flour\*\*
- 1 teaspoon garlic salt
- 1/2 teaspoon freshly ground black pepper\*\*
- 4 boneless pork chops
- 2 tablespoons olive oil\*\*
- 1/3 cup balsamic vinegar
- 1/2 cup chicken broth
- 2 teaspoons grated lemon zest, or to taste
- 1 tablespoon capers
- 2 Sweet Potatoes (peeled and diced)
- 12 oz brussels sprouts
- 1 TB olive oil\*\*
- 1/2 tsp salt and 1/2 tsp pepper\*\*
- Nonstick Spray\*\*

### DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Peel **sweet potatoes** and cube potatoes. Wash and trim **brussels sprouts**, pull away any yellow outer leaves and cut sprouts in half. Spray baking sheet with **nonstick spray**. Place **cubed sweet potatoes and halved brussels sprouts** in a bowl and drizzle with **1 TB olive oil, salt and pepper**. Mix well and spread on the prepared baking sheet. Roast for 30-35 minutes or until tender.
3. Place the **flour, garlic salt, and pepper** into a plastic bag. Shake to mix, then add the **pork tenderloin pieces**, and shake again to coat. Shake off the excess flour.
2. Heat the **oil** in a large skillet over medium-high heat. Cook the **pork** in the hot oil until golden-brown on both sides, 3 minutes per side. Pour in the **balsamic vinegar and chicken broth**. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, about 7 minutes. Remove the **pork** to a serving platter, then stir the **lemon zest and capers** into the simmering sauce. Continue simmering until the sauce has thickened to your desired consistency.
3. Drizzle **sauce** over the **pork chops**. Serve with roasted **sweet potatoes and brussels sprouts**.

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