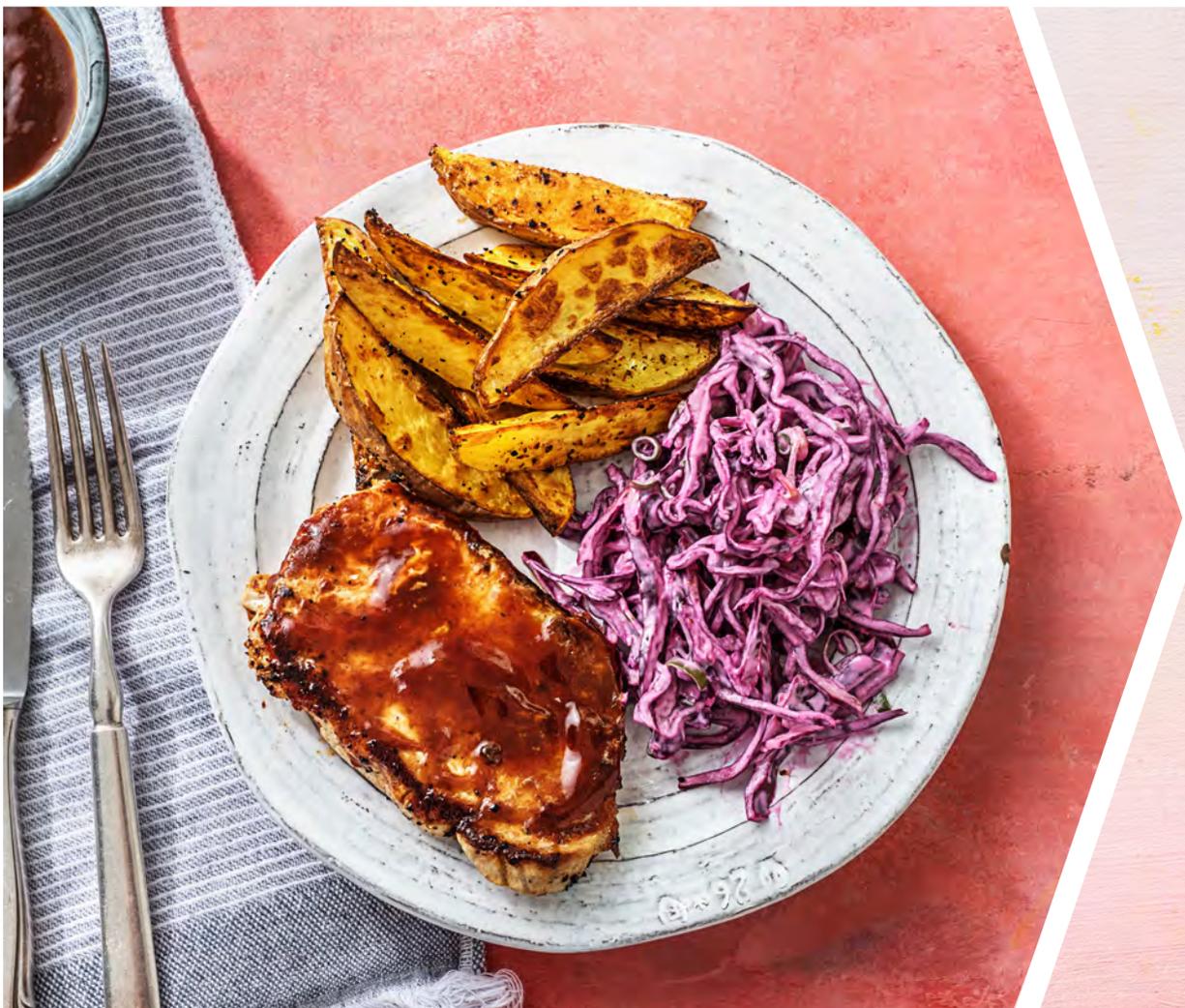




# BARBECUE PORK CHOPS - DINNER

# MAC 'N' CHEESE - LUNCH



**COOK IT ONCE, EAT IT TWICE**

Tonight's dinner extras transform into tomorrow's lunch.

**DINNER | TOTAL: 40 MIN | CALORIES: 630**

**LUNCH | TOTAL: 5 MIN | CALORIES: 960**

**INGREDIENTS FOR: 2-person | 4-person**

- |                                                                                                                             |                                                                                                                           |                                                                                                                                            |                                                                                                                                          |                                                                                                                                                |                                                                                                                                        |                                                                                                                                                    |                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <br>Yukon Gold Potatoes<br>12 oz   24 oz | <br>Scallions<br>4   6                | <br>Roma Tomatoes<br>2   2                            | <br>Penne Pasta<br>(Contains: Wheat)<br>6 oz   6 oz | <br>Mayonnaise<br>(Contains: Eggs)<br>2 TBSP   4 TBSP     | <br>Pork Chops<br>24 oz   36 oz                   | <br>Barbecue Sauce<br>¼ Cup   ½ Cup                           | <br>Chicken Stock Concentrate<br>1   1 |
| <br>Lemon Juice<br>2 Packs   4 Packs     | <br>Fry Seasoning<br>1 TBSP   2 TBSP | <br>Sour Cream<br>(Contains: Milk)<br>2 TBSP   4 TBSP | <br>Red Cabbage<br>4 oz   8 oz                      | <br>Sweet 'n' Smoky Barbecue Seasoning<br>1 TBSP   2 TBSP | <br>Flour<br>(Contains: Wheat)<br>1 TBSP   1 TBSP | <br>Mexican Cheese Blend<br>(Contains: Milk)<br>1 Cup   1 Cup |                                                                                                                             |

**BUST OUT** • Baking sheet • Aluminum foil • Large pot • 2 Large bowls • Strainer • Large pan • Paper towel  
• Vegetable oil (4 tsp | 8 tsp) • Sugar (1 tsp | 2 tsp) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)

## DINNER



### 1 PREHEAT AND PREP

Wash and dry all produce. Line a baking sheet with aluminum foil and place it inside your oven. Preheat oven to 425 degrees with sheet inside. Bring a large pot of **salted water** to a boil. Cut **potatoes** into ½-inch-thick wedges, like steak fries. Trim, then thinly slice **scallions**, separating greens and whites. Chop **tomatoes**.



### 3 MAKE SLAW AND COOK PORK

Add one packet **lemon juice** to another large bowl. Add **1 tsp sugar** and stir to dissolve, then stir in **sour cream** and **mayonnaise**. Season with **salt** and **pepper**. Add **cabbage** and half the **scallion whites** and toss to coat. Season with salt, pepper, and more lemon juice to taste. Set aside. Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **pork chops** dry with a paper towel. Season all over with **barbecue seasoning** and plenty of salt and pepper.



### 2 COOK POTATOES AND PASTA

Toss **potatoes** in a large bowl with a large drizzle of **oil**, **salt**, **pepper**, and half the **fry seasoning**. Place on preheated baking sheet and roast in oven until crisped and tender, about 25 minutes. Once water boils, add **penne** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Scoop out and reserve **1½ cups pasta cooking water**, then drain well.



### 4 COAT PORK AND SERVE DINNER

Add **pork chops** to pan and cook to desired doneness, 4-7 minutes per side. Remove 2 pork chops from pan and set aside for lunch. Spoon **barbecue sauce** over remaining chops in pan. Remove from pan and let rest a few minutes. Divide **potatoes** between plates. Toss half the **scallion greens** into **slaw** and add slaw to plates. Divide sauce-coated pork chops between plates, drizzle with any extra sauce in pan, and serve.

## LUNCH



### 5 MAKE SAUCE FOR LUNCH

Melt **2 TBSP butter** in pot used for pasta over medium heat. Add remaining **scallion whites** and cook until softened, 1-2 minutes. Stir in **flour** and remaining **fry seasoning**. Cook until lightly toasted, 1-2 minutes. Add **1 cup reserved pasta water**, **stock concentrate**, and **Mexican cheese blend**, whisking until smooth. Reduce heat to low and cook until thickened, 2-3 minutes.



### 6 PACK LUNCH FOR TWO

Stir **penne**, **tomatoes**, and remaining **scallion greens** into pot, coating in sauce. (**TIP:** If sauce is too thick, add more pasta cooking water as needed.) Cut reserved **pork** into small cubes and stir into pot. Season with **salt** and **pepper**. Divide pasta between reusable plastic containers and keep refrigerated until ready to eat. Microwave on high about 2 minutes and stir before enjoying.