20-MIN MEAL

SHAKE IT UP! PORK CUTLETS
with Garlic Bread and an Apple and Sunflower Seed Salad

HELLO

SHAKED CRISPY PORK
Just bag it, bread it, and shake for delicious results in a snap.

PREP: 5 MIN  TOTAL: 20 MIN  CALORIES: 880

Garlic  Sour Cream (Contains: Milk)  Fry Seasoning  Celery  Ciabatta Bread (Contains: Wheat)  Sunflower Seeds
Panko Breadcrumbs (Contains: Wheat)  Pork Cutlets  Gala Apple  Lemon  Arugula

(Contains: Milk)  (Contains: Wheat)
PREHEAT OVEN AND SEASON PANKO
Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Mince 1 clove garlic (use other as you like). Place panko in a gallon-sized zip-close bag and season with salt and pepper (we used 1 tsp kosher salt).

COOK PORK
Once oil is hot (it should sizzle if you add a breadcrumb), remove pork from bag and add to pan (discard any panko that doesn't stick). Cook until panko is golden brown and crisp, 2-3 minutes per side. Transfer to a paper-towel-lined plate and set aside.

TOAST BREAD AND TOSS SALAD
Meanwhile, place 3 TBSP butter and minced garlic in a small, microwave-safe bowl. Microwave on high until butter melts, about 30 seconds. Place ciabatta halves cut-side up on a baking sheet and drizzle with butter mixture. Toast in oven until crisp and golden, about 5 minutes. Toss together apple, celery, arugula, sunflower seeds, 1 TBSP olive oil, and a squeeze or two of lemon in a medium bowl. Season with salt and pepper.

FINISH AND SERVE
Halve ciabatta on a diagonal to create triangles. Divide pork, salad, and ciabatta between plates. Serve with lemon wedges on the side for squeezing over pork.