



Easy Prep! Seared Pork Cutlets

with Dijon-Maple Butternut Squash Panzanella



30-40min



2 Servings

We're channeling classic fall and winter flavors, but this recipe is versatile enough to enjoy year round. Onion and butternut squash roast until tender, while lean pork cutlets sear to a juicy golden brown. Peppery arugula, toasted ciabatta croutons, and sweet golden raisins fill out the panzanella, and blue cheese crumbles add creamy bursts of flavor. A Dijon-maple dressing is the final touch to this elegant dinner.

What we send

- 1 red onion
- ½ lb butternut squash
- 1 ciabatta roll ¹
- 2 pkts Dijon mustard ¹⁷
- 1 oz maple syrup
- 1 oz golden raisins ¹⁷
- 12 oz pkg pork cutlets
- ¼ oz all-purpose spice blend
- 5 oz arugula
- 1 oz blue cheese crumbles ⁷

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 52g, Carbs 70g, Protein 47g



1. Chop onion & roast squash

Preheat oven to 450°F with a rack in the upper third. Halve **onion**, then slice into ¾-inch wedges.

On a rimmed baking sheet, toss **squash** and **onion** with **a generous drizzle of oil** and season with **salt** and **pepper**. Roast on upper oven rack until softened and squash is well browned underneath, 20-25 minutes.



4. Cook pork

Pat **pork** dry and season all over with **all purpose seasoning, salt, and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Working in batches if necessary, add pork and cook until browned and just cooked through, 1-3 minutes per side. Transfer pork to a plate and cover to keep warm.



2. Prep bread & dressing

Meanwhile, tear **ciabatta** into ¾-inch pieces.

In a small bowl, whisk to combine **Dijon, maple syrup, 1 tablespoon vinegar** and **¼ cup oil**. Season to taste with **salt** and **pepper**.



5. Finish panzanella

Distribute **arugula** over **squash mixture** on baking sheet and crumble **blue cheese** over top. Pour **half of the dressing** over top and toss gently to combine.



3. Toast bread & raisins

When **squash** and **onions** have roasted 20-25 minutes, remove baking sheet from oven and gently toss. Distribute **bread** and **raisins** over top; drizzle with **oil** and sprinkle with **salt** and **pepper**. Bake until squash is caramelized and charred in spots and bread is golden and lightly toasted, about 10 minutes.



6. Serve

Serve **pork cutlets** with **butternut squash panzanella** alongside. Drizzle with **remaining dressing**, as desired. Enjoy!