



In your box

- 2 tsp. White Miso Paste
- 8 oz. Broccoli Florets
- 8 ½ oz. Cooked Jasmine Rice
- 1 fl. oz. Honey
- 1 ½ fl. oz. Asian Sesame Dressing
- 1 tsp. Asian Garlic and Ginger Seasoning
- 1 tsp. Sriracha

Customize It Options

- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl



Oven-Ready

Miso Honey Boneless Pork Chop

with sesame rice and broccoli

NUTRITION per serving—Calories: 711, Carbohydrates: 70g, Fat: 27g, Protein: 45g, Sodium: 1192mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Medium



1

Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Carefully massage **rice** in bag to break up any clumps. Combine rice, **broccoli**, **dressing**, 1 tsp. **olive oil**, and a pinch of **salt** in provided tray. Push to one side.



2

Add the Pork

- Pat **pork chops** dry.
- Add pork chops to empty side of tray and top with **seasoning blend**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**.
- *If using **chicken**, follow same instructions.*



3

Finish the Dish

- Bake uncovered in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 20-25 minutes.
- *If using **chicken**, bake uncovered in hot oven until chicken reach a minimum internal temperature of 165 degrees, 28-30 minutes.*
- While pork cooks, combine **miso paste**, **honey**, and **Sriracha** (to taste) in a mixing bowl.
- Carefully remove from oven. Top pork chops with miso-honey sauce. Bon appétit!