



In your box

- 2 oz. Marinara Sauce
- 2 fl. oz. Basil Pesto Aioli
- ½ oz. Crispy Red Peppers
- ½ tsp. Garlic Salt
- 1 oz. Shredded Parmesan Cheese
- 12 oz. Broccoli Florets

Customize It Options

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

*Contains: milk, eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Parmesan Pork Chop

with pesto broccoli

NUTRITION per serving—Calories: 624, Carbohydrates: 17g, Sugar: 5g, Fiber: 5g, Protein: 48g, Sodium: 1416mg, Fat: 41g, Saturated Fat: 10g
 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

35-45 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.



1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Thoroughly combine **broccoli**, 1 tsp. **olive oil**, and **garlic salt** in provided tray. Spread into a single layer.
- Bake in hot oven, 15 minutes.



2. Add the Pork Chops

- Carefully, remove tray from oven. Push **broccoli** to one side. *Tray will be hot! Use a utensil.*
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Add pork chops to empty side of tray. Top pork evenly with **marinara** and **Parmesan**.

Customize It Instructions

- If using **chicken breasts**, follow some instructions as pork in Steps 2 and 3, baking until chicken reaches minimum internal temperature, 16-18 minutes.



3. Finish the Dish

- Bake again uncovered until **broccoli** is tender and **pork** reaches a minimum internal temperature of 145 degrees, 15-18 minutes.
- Carefully remove from oven. Top pork chops with **crispy peppers** and broccoli with **basil pesto aioli**. Bon appétit!