



In your box

- 3 oz. Corn Kernels
- 1 tsp. Seasoned Salt Blend
- ½ oz. Dijon Mustard
- 8 oz. Broccoli Florets
- ½ oz. Crispy Fried Onions
- 1 oz. Lemon Garlic Herb Butter
- 1 oz. Apricot Preserves

Customize It Options

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

*Contains: milk, wheat

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



Apricot and Onion-Crusted Pork Chop

with lemon garlic broccoli

NUTRITION per serving—Calories: 548, Carbohydrates: 27g, Sugar: 13g, Fiber: 4g, Protein: 42g, Sodium: 1321mg, Fat: 33g, Saturated Fat: 12g
 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

30-40 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.
- Mix **broccoli**, half the **seasoned salt** (reserve remaining for pork chops), and 2 tsp. **olive oil** in provided tray until completely combined. Spread into a single layer.
- Bake uncovered in hot oven, 10 minutes.



2. Add the Pork Chops

- Carefully remove tray from oven. Stir in **corn**, then push **vegetables** to one side. *Tray will be hot! Use a utensil!*
- Pat **pork chops** dry, and add to empty space in tray. Top with remaining **seasoned salt**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 2 and 3, baking uncovered in hot oven until chicken reaches minimum internal temperature, 20-25 minutes.
- If using **sirloin**, follow same instructions as pork in Steps 2 and 3, baking uncovered in hot oven until steak reaches minimum internal temperature, 15-20 minutes. Rest, 3 minutes.



3. Bake the Dish

- Bake again uncovered in hot oven until **broccoli** is tender and **pork** reaches a minimum internal temperature of 145 degrees, 15-20 minutes.
- Carefully remove tray from oven. Transfer pork to a plate and rest, 3 minutes. Stir **butter** into tray. Top pork evenly with **Dijon**, **crispy onions**, and **apricot preserves**. Bon appétit!