



### In your box

- 1 oz. Garlic & Herb Goat Cheese
- 12 oz. Broccoli Florets
- 1 tsp. Seasoned Salt Blend
- 1 oz. Dried Cherries
- ⅔ oz. Balsamic Glaze
- 1 oz. Walnut Halves

### Customize It Options

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

\*Contains: milk, tree nuts (walnuts)

### 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



## Garlic Herb Goat Cheese Crusted Pork Chops

with balsamic-glazed broccoli

NUTRITION per serving—Calories: 547, Carbohydrates: 23g, Sugar: 10g, Fiber: 6g, Protein: 47g, Sodium: 1301mg, Fat: 30g, Saturated Fat: 8g  
 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

Not Spicy

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



## Customize It Instructions

- If using **chicken breasts**, in Step 1, bake **broccoli** uncovered, 10 minutes. Follow same instructions as pork chops in Steps 2 and 3, baking uncovered until broccoli is tender and chicken reaches a minimum internal temperature, 20-25 minutes.
- If using **sirloin steak**, in Step 1, bake **broccoli** uncovered, 15 minutes. Follow same instructions as pork chops in Steps 2 and 3, baking uncovered until broccoli is tender and steak reaches a minimum internal temperature, 12-16 minutes.

### 1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Break **broccoli** into smaller pieces.
- Combine broccoli, 2 tsp. **olive oil**, 2 Tbsp. **water**, and **seasoned salt** in provided tray.
- Spread into a single layer and cover tray with foil. Bake covered in hot oven, 15 minutes.

### 2. Add the Pork Chops

- Carefully, remove tray from oven and remove foil. Push **broccoli** to one side. *Tray will be hot! Use a utensil!*
- Break **walnuts** into smaller pieces.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Top evenly with **garlic and herb goat cheese** (crumbling with your hands if needed) and walnuts.



### 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 tray from oven. Transfer pork chops to a plate and top with **cherries**. Top broccoli with **balsamic glaze**. Bon appétit!