



In your box

½ tsp. Seasoned Salt Blend
2 tsp. Chicken Demi-Glace
12 oz. Broccoli Florets
2 Tbsp. Sun-Dried Tomato Pesto
1 oz. Shredded Cheddar Cheese

Customize It Options

12 oz. Boneless Pork Chops
14 oz. USDA Choice New York Strip Steak (Serves 2)
13 oz. Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray



Sun-Dried Tomato Pork Chop

with cheddar broccoli

NUTRITION per serving—Calories: 451, Carbohydrates: 14g, Fat: 24g, Protein: 46g, Sodium: 1206mg.

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

20-30 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **broccoli**, **seasoning blend**, **chicken demi-glace**, and a pinch of **salt** and **pepper** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Pat **pork** dry, and season on both sides with ¼ tsp. **salt** and a pinch of **pepper**. Drizzle with 1 tsp. **olive oil**.
- *If using chicken breasts, NY strip steak, or chicken, follow same instructions.*



2

Cook the Meal

- Place grill bag on hot grill and cook until **broccoli** is tender, 12-14 minutes.
- While grill bag cooks, place **pork chops** on hot grill and cook until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove chops from grill and top with **pesto**.
- *If using sirloin steaks, follow same instructions. If using NY strip steak, cook until steak reaches a minimum internal temperature of 145 degrees, 7-9 minutes per side. If using chicken, cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*



3

Finish the Dish

- Carefully, open grill bag and scoop out **broccoli**. Top with **cheese**.
- *If using NY strip steak, halve to serve.*
- Plate dish as pictured on front of card. Bon appétit!

For a Rainy Day

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and cooking spray. In a mixing bowl, combine **broccoli**, **seasoning blend**, **chicken demi-glace**, and a pinch of **salt** and **pepper**. Place broccoli mixture on prepared baking sheet and spread into a single layer. Roast in hot oven until tender, 14-16 minutes. Top with **cheese**. While broccoli roasts, pat **pork chops** dry and season both sides with ¼ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Place pork chops in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side. Remove to a plate and top with **pesto**. Follow same plating instructions.