



In your box

- ½ oz. Shredded Parmesan Cheese
- 1 Tbsp. Sun-Dried Tomato Pesto
- 12 oz. Broccoli Florets
- 1 oz. Lemon Garlic Herb Butter
- 1.2 oz. Basil & Parmesan Cheese Spread
- ½ tsp. Garlic Salt
- 2 Butter Crackers

Customize It Options

- 12 oz. Boneless Pork Chops
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

Salt, Pepper, Cooking Spray



Grill-Ready

Grilled Tomato Basil Pork Chops

with lemon Parmesan broccoli

NUTRITION per serving—Calories: 509, Carbohydrates: 13g, Fat: 30g, Protein: 47g, Sodium: 1353mg.

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-high. Thoroughly rinse any fresh produce and pat dry.
- Place **broccoli, garlic herb butter, garlic salt, 1 Tbsp. water,** 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 chops** dry, and season both sides with ¼ tsp. salt and a pinch of pepper.
- *If using chicken or ribeye, follow same instructions*



2

Grill the Meal

- Place grill bag on hot grill and cook until **broccoli** is tender, 14-16 minutes, flipping bag often.
- While grill bag cooks, place **pork** on hot grill and cook until pork reaches a minimum internal temperature of 145 degrees, 5-6 minutes per side.
- *If using chicken, follow same instructions, grilling until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. If using ribeye, follow same instructions, grilling until ribeye reaches a minimum internal temperature of 145 degrees, 4-6 minute per side.*



3

Finish the Dish

- Carefully, open grill bag and stir **broccoli**.
- Crumble cheese spread.
- Coarsely crush **crackers**.
- *If using ribeye, halve to serve.*
- Plate dish as pictured on front of card, topping with pork chops with **pesto** and crumbled cheese spread. Garnish broccoli with **Parmesan** and crackers. Bon appétit!

For a Rainy Day

- If cooking indoors, preheat oven to 400 degrees. Thoroughly rinse any fresh produce and pat dry. Prepare a baking sheet with foil and **cooking spray**. Place **broccoli, garlic herb butter, 1 Tbsp. olive oil, garlic salt, ¼ tsp. salt** and a pinch of **pepper** on prepared baking sheet and toss to coat. Spread into a single layer and roast in hot oven until broccoli is fork-tender, 14-16 minutes. While vegetables roast, pat **pork chops** dry, and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add pork chops to hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side. Remove from burner. Crumble **cheese spread**. Crush **crackers**. Follow same instructions as grilling for plating.