



In your box

- 4 Butter Crackers
- 12 oz. Root Vegetable Medley
- ½ tsp. Garlic Salt
- 1 oz. Roasted Garlic & Herb Butter
- 1 ½ tsp. Pot Roast Seasoning

Customize It Options

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

*Contains: milk, 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



Garlic Herb and Butter Cracker-Crusted Pork Chop

with root vegetables

NUTRITION per serving—Calories: 540, Carbohydrates: 31g, Sugar: 6g, Fiber: 6g, Protein: 40g, Sodium: 1229mg, Fat: 29g, 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

40-50 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.
- Spread **vegetable medley** into a single layer in provided tray. Top with 2 tsp. **olive oil**, **pot roast seasoning**, and ¼ tsp. **salt**.
- Bake uncovered in hot oven until fork-tender, 15-20 minutes.



2. Add the Pork Chops

- Carefully remove tray from oven. Push **vegetable medley** to one side. *Tray will be hot! Use a utensil.*
- Coarsely crush **crackers**.
- Pat **pork chops** dry, and season both sides with **garlic salt** and ¼ tsp. **pepper**.
- Place pork chops in empty side of tray and top evenly with **crackers** and **garlic herb butter**.

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.



3. Bake the Meal

- Bake uncovered in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 17-20 minutes.
- Carefully remove tray from oven. Remove pork chops from tray and rest, 3 minutes. Bon appétit!