



In your box

- ½ fl. oz. Honey
- 🔥 ¼ fl. oz. Cholula Hot Sauce
- 2 tsp. BBQ Spice Rub
- 3 Tbsp. Pretzel Breading
- 12 oz. Cauliflower Florets
- .84 oz. Mayonnaise
- 2 oz. Light Cream Cheese
- 2 oz. Shredded Cheddar Cheese

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat

You will need

- Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Pot, 2 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Southern Baked Pork Chop

with hot honey and cheddar-cauliflower mash

NUTRITION per serving—Calories: 619, Carbohydrates: 26g, Sugar: 13g, Fiber: 4g, Protein: 50g, Sodium: 1546mg, Fat: 34g, Saturated Fat: 14g
 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

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **spice rub**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 1, 2, and 3, roasting until chicken reaches minimum internal temperature, 17-20 minutes.
- If using **salmon**, pat dry and season flesh side with remaining **spice rub** and a pinch of **salt** and **pepper**. Follow same instructions as pork chops in Steps 2 and 3, roasting until salmon reaches minimum internal temperature, 13-15 minutes.
- If using **sirloin**, follow same instructions as pork chops in Steps 1, 2, and 3, roasting until steak reaches minimum internal temperature, 12-16 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Cut **cauliflower florets** into 1" pieces.
- In a mixing bowl, combine **honey** and **hot sauce** (to taste). Set aside.
- In another mixing bowl, combine **mayonnaise** and half the **spice rub** (to taste; reserve remaining for pork chops). Set aside.
- Pat **pork chops** dry, and season both sides with remaining **spice rub** and a pinch of **salt** and **pepper**.



2. Prepare the Pork Chops

- Place **pork chops** on prepared baking sheet.
- Brush or spoon **mayonnaise-spice rub mixture** evenly on pork chops and top with **pretzel breading**, pressing gently to adhere.



3. Roast the Pork Chops

- Roast **pork chops** in hot oven until pork reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- Carefully remove from oven and rest, at least 3 minutes.
- While pork chops roast, make cauliflower mash.



4. Make the Cauliflower Mash

- Bring a medium pot with **cauliflower**, ½ cup **water**, and ½ tsp. **salt** to a boil over medium-high heat.
- Once boiling, stir occasionally until water is completely evaporated, 10-12 minutes.
- Remove from burner. Add **cream cheese**, **cheddar cheese**, and a pinch of **pepper** and mash until creamy. *If pork chops are still roasting, cover cauliflower and set aside.*



5. Finish the Dish

- Plate dish as pictured on front of card, placing **pork chop** on **hot honey**. Bon appétit!