



In your box

- 2 oz. Sliced Red Onion
- 1 Tbsp. Arrabbiata Pesto
- 1 oz. Shredded Asiago Cheese
- ½ oz. Balsamic Vinegar
- 8 oz. Broccoli Florets
- 1 tsp. Garlic Pepper
- ½ oz. Sliced Almonds
- 1 ½ oz. Roasted Red Tomatoes

Customize It Options

- 12 oz. Boneless Pork Chops
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (almonds)

You will need

- Olive Oil, Salt, Pepper
- Large Oven-Safe Non-Stick Pan, Mixing Bowl,
- Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Roasted Tomato and Almond Pork Chop

with balsamic broccoli

NUTRITION per serving—Calories: 522, Carbohydrates: 16g, Sugar: 6g, Fiber: 5g, Protein: 46g, Sodium: 1152mg, Fat: 31g, Saturated Fat: 9g
 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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat the broiler
- Ingredient(s) used more than once: **cheese**



Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 1 and 3, searing one side until browned, 2-3 minutes, then broiling until chicken reaches minimum internal temperature, 4-5 minutes.
- If using **NY strip steak**, follow same instructions as pork in Steps 1 and 3, searing one side until browned, 2-3 minutes, then broiling until steak reaches minimum internal temperature, 3-4 minutes. Rest, 3 minutes. Halve to serve.

1. Prepare the Ingredients

- Finely chop **tomatoes**.
- Cut **broccoli** into bite-sized pieces.
- In a mixing bowl, combine tomatoes, half the **cheese** (reserve remaining for broccoli), **pesto**, and **almonds**. Set aside.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.

2. Cook the Broccoli

- Place a medium non-stick pan over medium heat. Add 1 Tbsp. **olive oil**, **onion**, and a pinch of **salt** to hot pan. Cook until onion softens, 3-4 minutes.
- Stir in **balsamic** and cook until reduced by half, 1-2 minutes.
- Add **broccoli**, ¼ tsp. **salt**, **garlic pepper**, and 1 Tbsp. **water**. Cover, and cook until water is almost completely evaporated, 4-5 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner.
- While vegetables cook, cook pork chops.



3. Cook the Pork Chops

- Place a large oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **pork chops** to hot pan and sear until browned, 2-3 minutes on one side.
- Remove from burner. Carefully flip pork chops and top evenly with **tomato mixture**.
- Place under hot broiler and cook until pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes.
- *Don't text and broil! Keep an eye on broiler as pork chops may start to burn.*
- Carefully remove from broiler. *Pan handle will be hot! Use an oven mitt.* Rest, 3 minutes.

4. Finish the Dish

- Plate dish as pictured on front of card, topping **broccoli** with remaining **cheese**. Bon appétit!