



### In your box

- 1 Lemon
- ½ oz. Roasted Pecans
- 2 Garlic Cloves
- 4 fl. oz. Cream Sauce Base
- 4 oz. Shredded Brussels Sprouts
- 8 oz. Cubed Butternut Squash

### Customize It Options

- 12 oz. Boneless Pork Chops
- 10 oz. Ahi Tuna Steaks
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops

\*Contains: milk, tree nuts (pecans)

### You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan,  
Large Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

15 Minute Meal Kit



## Lemon Cream Pork Chop

with pecan butternut squash and Brussels sprouts

NUTRITION per serving—Calories: 604, Carbohydrates: 25g, Sugar: 7g, Fiber: 4g, Protein: 42g, Sodium: 1177mg, Fat: 38g, Saturated Fat: 13g  
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

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

## Customize It Instructions

- If using **ahi tuna**, follow same instructions as pork in Step 1, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **chicken breasts**, follow same instructions as pork in Step 1, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **sirloin steaks**, follow same instructions as pork in Step 1, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



### 1. Cook the Pork Chops

- 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-high heat and add 2 tsp. **olive oil**. Add pork chops to hot pan and cook undisturbed until golden brown, 4-5 minutes.
- Flip chops. Cover, and cook until chops are browned and reach a minimum internal temperature of 145 degrees, 3-5 minutes.
- Remove chops to a plate and tent with foil. Rest, 3 minutes. Reserve pan; no need to wipe clean.
- While pork chops cook, prepare ingredients.



### 2. Prepare the Ingredients

- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Mince **garlic**.



### 3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **butternut squash** to hot pan and stir occasionally until lightly browned, 3-4 minutes.
- Add ¼ cup **water**. Cover, and stir occasionally until squash is tender, 4-5 minutes.
- Uncover, and stir in **Brussels sprouts**, **garlic**, ¼ tsp. **salt**, and a pinch of **pepper**. Cook until tender, 2-3 minutes.
- Top with **pecans** and remove from burner.
- While vegetables cook, make sauce.



### 4. Make Sauce and Finish Dish

- Return pan used to cook pork to medium-heat heat. Add **cream base**, 1 Tbsp. **lemon juice**, and ¼ tsp. **salt** to hot pan. Bring to a simmer.
- Once simmering, remove from burner.
- Plate dish as pictured on front of card, topping **pork chops** with sauce and squeezing **lemon wedges** over meal to taste. Bon appétit!