



### In your box

- 2 Garlic Cloves
- 1 tsp. Italian Seasoning Blend
- 🔥 ¼ tsp. Red Pepper Flakes
- 12 oz. Cauliflower Florets
- 1 oz. Butter
- 1 oz. Grated Parmesan
- 1 Roma Tomato
- 2 tsp. Chicken Demi-Glace Concentrate
- ¼ oz. Parsley

### Customize It Options

- 12 oz. Boneless Pork Chops
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

### Minimum Internal Protein Temperature

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

## Classic Meal Kit



# Tuscan-Style Pork Chop

with scampi cauliflower

NUTRITION per serving—Calories: 612, Carbohydrates: 15g, Sugar: 6g, Fiber: 5g, Protein: 47g, Sodium: 1161mg, Fat: 41g, Saturated Fat: 15g  
 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

**35-45 min.**

Cook Within

**6 days**

Difficulty Level

**Intermediate**

Spice Level

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend, Parmesan**

### Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork in Steps 2 and 4, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as pork in Steps 2 and 4, cooking until steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with ¼ tsp. **salt**, a pinch of **pepper**, and half the **seasoning blend**. Follow same instructions as pork in Step 4, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.



### 1. Roast the Cauliflower

- Cut **cauliflower florets** into bite-sized pieces.
- Place cauliflower on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**. Massage oil, salt, and pepper into cauliflower.
- Spread into a single layer. Roast in hot oven until browned and tender, 20-25 minutes.
- While cauliflower roasts, prepare ingredients.



### 2. Prepare the Ingredients

- Core **tomato** and cut into ¼" dice.
- Stem and mince **parsley**.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Season one side with half the **seasoning blend** (reserve remaining for sauce).



### 3. Make the Scampi Butter

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **butter**, **garlic**, and a pinch of **salt** to hot pan and stir constantly until golden brown, 2-3 minutes.
- Once golden brown, immediately transfer scampi butter to a mixing bowl. Set aside. Wipe pan clean and reserve.



### 4. Cook the Pork Chops

- Return pan used to make scampi butter to medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to hot pan, seasoned side down. Cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Transfer pork chops to a plate and tent with foil. Rest, 3 minutes. Reserve pan; no need to wipe clean.



### 5. Make Sauce and Finish Dish

- Return pan used to cook chops to medium-high heat and add 1 tsp. **olive oil**. Add **demi-glace**, **tomato**, remaining **seasoning blend**, ¼ cup **water**, and 1 tsp. **Parmesan** (reserve remaining for cauliflower) to hot pan. Bring to a simmer. Once simmering, stir occasionally until slightly thickened, 2-3 minutes.
- Remove from burner and add **red pepper flakes** (to taste).
- Add **roasted cauliflower**, **parsley**, and remaining Parmesan to bowl with **scampi butter**. Stir gently to combine.
- Plate dish as pictured on front of card, topping **pork chop** with sauce. Bon appétit!