



In your box

- 2 Garlic Cloves
- 6 oz. Broccoli Florets
- 🔪 ¼ tsp. Red Pepper Flakes
- 1 tsp. Black Garlic Seasoning
- 2 oz. Marinara Sauce
- ½ oz. Crispy Fried Onions
- 1 oz. Shredded Parmesan Cheese
- 1 Red Bell Pepper
- Customize It Options**
- 12 oz. Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops

You will need

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

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Pork Chop and Black Garlic Marinara Sauce

with spicy garlic broccoli and red peppers

NUTRITION per serving—Calories: 555, Carbohydrates: 18g, Sugar: 7g, Fiber: 5g, Protein: 46g, Sodium: 1262mg, Fat: 33g, 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

30-40 min.

Cook Within

6 days

Difficulty Level

Easy

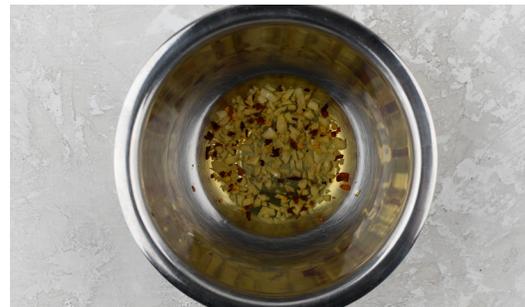
Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

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



Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 1 and 4, cooking until pork reaches minimum internal temperature, 5-7 minutes.
- If using **ribeye**, follow same instructions as pork chops in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.

1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and cut **red bell pepper** into ½" slices.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.

2. Make the Spicy Garlic Oil

- Place a large non-stick pan over medium heat and add 4 tsp. **olive oil**. Heat oil, 60 seconds.
- Remove pan from burner. Stir in half the **garlic** (reserve remaining for sauce) and a pinch of **red pepper flakes** (to taste).
- Transfer spicy garlic oil to a mixing bowl and set aside. Reserve pan; no need to wipe clean.



3. Cook the Vegetables

- Return pan used to make spicy garlic oil to medium heat. Add **broccoli** to hot pan and stir occasionally, 2 minutes.
- Add 2 Tbsp. **water**. Cover, and cook until bright green and tender, 5-7 minutes.
- Uncover, and stir in ¼ tsp. **salt**, a pinch of **pepper**, and **red bell pepper**. Stir occasionally until pepper is tender, 3-4 minutes.
- Remove from burner.
- While vegetables cook, cook pork chops.



4. Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **pork chops** to hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 4-6 minutes per side.
- *Pork chop thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*
- Transfer pork chops to a plate and rest, 3 minutes. Reserve pan; no need to wipe clean.
- While pork chops rest, make sauce.



5. Make Sauce and Finish Dish

- Return pan used to cook pork chops to medium-high heat and add 1 tsp. **olive oil**. Add remaining **garlic** to hot pan and cook, 30 seconds.
- Add **marinara**, **seasoning blend**, and 2 Tbsp. **water**. Bring to a simmer.
- Once simmering, remove from burner. Season with a pinch of **salt**.
- Plate dish as pictured on front of card, topping **pork chops** with sauce and **vegetables** with **spicy garlic oil**, **Parmesan**, and **crispy onions**. Bon appétit!