



In your box

- 1 oz. Shredded White Cheddar Cheese
- 1 oz. Apricot Preserves
- ½ tsp. Garlic Salt
- 12 oz. Broccoli Florets
- .8 oz. Bacon Bits
- .14 oz. Lemon Juice
- 2 Green Onions
- ¼ oz. Dijon Mustard

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk

You will need

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



Apricot Mostarda Pork Chop

with white cheddar and bacon broccoli

NUTRITION per serving—Calories: 532, Carbohydrates: 19g, Sugar: 12g, Fiber: 4g, Protein: 51g, Sodium: 1568mg, Fat: 29g, Saturated Fat: 10g
 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

Not Spicy

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: **green onions**



1. Cook the Pork

- Pat **pork chops** dry, and season with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add pork chops to hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove from burner and tent with foil. Rest, 3 minutes.
- While pork cooks, prepare ingredients.



2. Prepare Ingredients and Make Apricot Mostarda

- Cut **broccoli** into bite-sized pieces.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Combine **apricot preserves**, **lemon juice**, **Dijon**, and a pinch of **salt** in a mixing bowl. Set aside.

Customize It Instructions

- 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 **ribeye**, follow same instructions as pork in Step 1, cooking undisturbed until browned and steaks reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



3. Cook the Broccoli

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil**, **broccoli**, **white portions of green onions**, 2 Tbsp. **water**, **garlic salt**, and a pinch of **salt** to hot pan.
- Cover, and cook until water is almost completely evaporated, 4-5 minutes.
- Uncover, and stir occasionally until tender, 3-4 minutes.
- Remove from burner and top with **cheese**. Cover again until cheese is melted, 3-4 minutes.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **pork chops** with **apricot mostarda** and **broccoli** with **bacon** and **green portions of green onions**. Bon appétit!