



In your box

- 1 oz. Shredded Mozzarella
- 2 tsp. Basil Pesto
- 12 oz. Broccoli Florets
- ½ oz. Shredded Parmesan Cheese
- ¼ tsp. Red Pepper Flakes
- ½ tsp. Garlic Salt
- ½ fl. oz. Balsamic Fig Glaze
- 1 Roma Tomato

Customize It Options

- 12 oz. Boneless Pork Chops
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Filets Mignon
- 12 oz. Salmon Fillets

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 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



Bruschetta Smothered Pork Chop

with spicy mozzarella broccoli

NUTRITION per serving—Calories: 490, Carbohydrates: 18g, Sugar: 9g, Fiber: 5g, Protein: 48g, Sodium: 1590mg, Fat: 25g, 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

20-30 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **filets mignon**, follow same instructions as pork chops in Steps 1, 2, and 3, searing until browned, 2-3 minutes per side, then adding topping, and roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest, 3 minutes.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as pork chops in Steps 2 and 3, searing, skin-side up, until golden brown, 2-3 minutes, then transferring to baking sheet, seared-side up, adding topping, and roasting until fish reaches minimum internal temperature, 7-10 minutes.



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Core **tomato** and cut into ½" dice.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Start Pork Chops and Make Bruschetta

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to hot pan. Cook until golden brown, 1-2 minutes per side.
- Remove from burner.
- While pork chops cook, mix **tomato**, **pesto**, and ¼ tsp. **salt** in a mixing bowl until thoroughly combined. Set aside.



3. Finish the Pork Chops

- Transfer **pork chops** to prepared baking sheet and top evenly with **bruschetta**, then **Parmesan**. Wipe pan clean and reserve.
- Roast in hot oven until Parmesan is golden-brown and chops reach a minimum internal temperature of 145 degrees, 4-6 minutes.
- *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*
- Remove from oven. Rest, 3 minutes.
- While chops roast, cook broccoli.



4. Cook the Broccoli

- Return pan used to cook pork chops to medium heat and add 1 tsp. **olive oil**.
- Add **broccoli**, ¼ cup **water**, a pinch of **salt**, and **garlic salt** to hot pan. Cover, and cook until water is almost completely evaporated, 5-6 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner. Top evenly with **mozzarella**. Let cheese melt, 3 minutes.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **pork chops** with **balsamic fig glaze** and **broccoli** with **red pepper flakes** (to taste). Bon appétit!