



In your box

- .6 oz. Butter
- 1 Sage Sprig
- 12 oz. Broccoli Florets
- 2 Garlic Cloves
- ½ oz. Hazelnut Pieces
- ½ fl. oz. Honey

Customize It Options

- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 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

Baking Sheet, Medium Oven-Safe 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 with Sage & Honey Butter

with roasted garlic and hazelnut broccoli

NUTRITION per serving—Calories: 567, Carbohydrates: 17g, Sugar: 9g, Fiber: 5g, Protein: 43g, Sodium: 1346mg, Fat: 37g, 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

25-35 min.

Cook Within

6 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sage**

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 1 and 4, searing 2-3 minutes, then placing pan in oven and roasting until chicken reaches minimum internal temperature, 8-10 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 1 and 4, cooking until fish reaches minimum internal temperature, 4-6 minutes per side. *No need to roast.*
- If using **filets mignon**, follow same instructions as pork chops in Steps 1 and 4, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *No need to roast.*



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Stem **sage**. Mince half the sage. (Reserve remaining leaves whole for crisping.)
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ½ tsp. **salt** and a pinch of **pepper**.



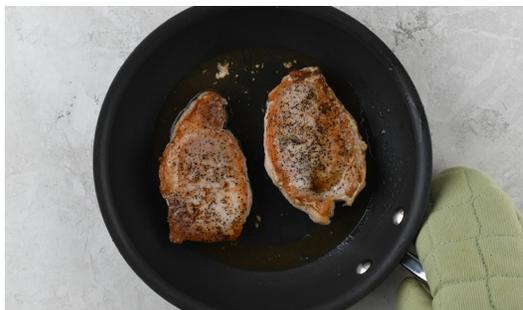
2. Roast the Broccoli

- Place **broccoli**, **hazelnuts**, and **garlic** on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, fry sage.



3. Fry the Sage

- Line a plate with a paper towel.
- Heat 1 Tbsp. **olive oil** in a medium oven-safe non-stick pan over medium heat.
- Add **whole sage leaves** to hot pan. Stir constantly until crispy and slightly darker in color, 1-2 minutes.
- Transfer sage to towel-lined plate. Reserve pan; no need to wipe clean.



4. Cook the Pork Chops

- Return pan used to crisp sage to medium-high heat and add 1 tsp. **olive oil**.
- Add **pork chops** to hot pan. Cook undisturbed until lightly browned, 2-3 minutes on one side.
- Flip **pork chops**, and place pan in hot oven. Roast until chops are browned and reach a minimum internal temperature of 145 degrees, 8-10 minutes.
- Carefully, remove pan from oven. *Pan will be hot! Use an oven mitt.* Transfer chops to a plate and rest, 3 minutes.
- While chops rest, make butter.



5. Make Butter and Finish Dish

- Crumble **whole sage leaves** into a mixing bowl. Combine with softened **butter**, **honey**, and a pinch of **pepper**.
- Plate dish as pictured on front of card, garnishing **pork** with butter and **minced sage**. Bon appétit!