



### In your box

- .9 oz. Butter
- 1 tsp. Buttermilk-Dill Seasoning
- 1 oz. Shredded Parmesan Cheese
- 12 oz. Broccoli Florets
- ½ fl. oz. Honey
- ½ tsp. Garlic Salt

### Customize It Options

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

*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
- Mixing Bowl, Medium Non-Stick Pan, Large Non-Stick Pan

### Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



# Honey Butter Pork Chop

with Parmesan broccoli

NUTRITION per serving—Calories: 588, Carbohydrates: 16g, Sugar: 9g, Fiber: 4g, Protein: 47g, Sodium: 1329mg, Fat: 38g, 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

15 min.

Cook Within

6 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
- Set **butter** on counter to soften



## Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 1 and 2, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon**, pat dry and season flesh side with **garlic salt** and a pinch of **pepper**. Follow same instructions as pork chops in Step 2, cooking until fish reaches minimum internal temperature, 4-6 minutes per side.
- If using **NY strip steak**, follow same instructions as pork chops in Steps 1 and 2, cooking until browned and steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve.

### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Combine **honey**, softened **butter**, and a pinch of **pepper** in a mixing bowl. Set aside.
- Pat **pork chops** dry, and season both sides with **garlic salt** and a pinch of pepper.

### 2. Cook the Pork Chops

- 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 pork chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- *Pork thickness can vary; if you receive a thinner pork chop, we recommend checking for doneness sooner.*
- Remove from burner. Rest, 3 minutes.
- While pork chops cook, cook broccoli.



### 3. Cook the Broccoli

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **broccoli** and 1 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 4-5 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner and stir in **Parmesan**, ¼ tsp. **salt**, **seasoning blend**, and a pinch of **pepper**.

### 4. Finish the Dish

- Plate dish as pictured on front of card, placing **honey butter** on **pork chop**. Bon appétit!