



In your box

12 oz. Asparagus
1 oz. Shredded Asiago Cheese
1 tsp. Roasted Red Pepper Pesto
1 tsp. Buttermilk-Dill Seasoning
1 Red Onion
1 oz. Butter

Customize It Options

12 oz. Boneless Pork Chops
12 oz. Salmon Fillets
12 oz. 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

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	

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Red Pepper Butter Pork Chop

with Asiago asparagus

NUTRITION per serving—Calories: 580, Carbohydrates: 17g, Sugar: 8g, Fiber: 5g, Protein: 45g, Sodium: 1090mg, Fat: 37g, 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

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
- Set **butter** on counter to soften

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Step 2, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon**, pat dry and season flesh side with **seasoning blend** and a pinch of **salt** and **pepper**. Follow same instructions as pork chops in Step 2, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. *Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner.*



1. Cook the Vegetables

- Trim woody ends off **asparagus**.
- Halve and peel **onion**. Slice halves into thin strips.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add asparagus and onion to hot pan and stir often until asparagus is tender, but still crisp, 8-10 minutes.
- *If asparagus is thinner than a pencil, check for doneness sooner.*
- Remove from burner and stir in **cheese**, ¼ tsp. **salt**, and a pinch of **pepper**.
- While vegetables cook, cook pork.



3. Make the Red Pepper Butter

- In a mixing bowl, thoroughly combine softened **butter**, **pesto**, and a pinch of **salt** and **pepper**. Set aside.



2. Cook the Pork Chops

- Pat **pork chops** dry, and season both sides with **seasoning blend** and a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add pork chops to hot pan and cook until chops reach a minimum internal temperature of 145 degrees, 3-5 minutes per side.
- Remove from burner. Rest, 3 minutes.
- While pork chops cook, make butter.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **pork chops** with **red pepper butter**. Bon appétit!