



In your box

12 oz. Cauliflower Florets
2 Garlic Cloves
4 oz. Grape Tomatoes
1 oz. Sour Cream
1 oz. Grated Parmesan
.3 oz. Butter
¼ tsp. Red Pepper Flakes

Customize It Options

16 oz. Bone-in Pork Chops
12 oz. Antibiotic-Free Boneless
Skinless Chicken Breasts
12 oz. Salmon Fillets
14 oz. USDA Choice New York Strip
Steak (Serves 2)

You will need

Olive Oil, Salt, Pepper
Medium Pot, Medium Non-Stick Pan



Bone-In Pork Chop with Cauliflower Grits and toasted garlic tomatoes

NUTRITION per serving—Calories: 601, Carbohydrates: 14g, Fat: 38g, Protein: 49g, Sodium: 1158mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level
Easy

Spice Level
Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ❑ If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **chicken**, follow same instructions as pork chops in Step 1 and Step 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as pork chops in Step 1 and Step 3, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Halve before serving.
- If using **salmon**, follow same instructions as pork chops in Step 1 and Step 3, placing salmon in hot pan flesh side down, and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Cut **cauliflower** into bite-size pieces, if necessary.
- Mince **garlic**.
- Quarter **tomatoes**.
- Pat **pork chops** dry, and season both sides with a ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Cauliflower Grits

- Bring a medium pot with **cauliflower**, 1½ cups **water**, and ¼ tsp. **salt** to a boil. Reduce heat to medium-high, and stir occasionally until water evaporates completely, 14-16 minutes.
- *Make sure no water is left in pan; remaining water will make grits runny.*
- Remove from burner and add **sour cream**, **cheese**, and **butter**. Mash until mostly smooth, close to the consistency of grits. Cover and set aside.
- While cauliflower cooks, cook pork chops.



3

Cook the Pork Chops

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork chops** to hot pan.
- Cook until golden brown and chops reach a minimum internal temperature (find temperature in Customize It Instructions), 5-7 minutes per side.
- Transfer to a plate.
- Reserve pan; no need to wipe clean.



4

Cook the Tomatoes

- Return pan used to cook chops to medium-high heat. Add **garlic** to hot pan and stir constantly until aromatic, 30-60 seconds.
- Add **tomatoes** and a pinch of **salt** and **pepper**. Stir occasionally until warmed through, 1-2 minutes.
- Stir in **red pepper flakes** (to taste).
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **tomatoes** over **pork**. Bon appétit!