



In your box

- .6 oz. Butter
- 2 Tbsp. Basil Pesto
- 12 oz. Broccoli Florets
- 2 Garlic Cloves
- ½ oz. Grated Parmesan

Customize It Options

- 16 oz. Bone-in Pork Chops
- 12 oz. Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts



Pesto-Butter Bone-In Pork Chop

with Parmesan-roasted broccoli

NUTRITION per serving—Calories: 621, Carbohydrates: 11g, Fat: 42g, Protein: 48g, Sodium: 1428mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutritional information may vary if you selected an alternative protein as your customized option*

Prep & Cook Time
25-35 min.

Cook Within
6 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Medium Non-Stick Pan

👑 Before you cook

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

- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Mince **garlic**.
- Cut **broccoli** into bite-sized pieces, if necessary.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using **chicken breasts**, follow same instructions and season same amount.*



2

Make the Pesto Butter

- In a mixing bowl, thoroughly combine **butter**, **pesto**, and a pinch of **salt**. Refrigerate until plating.



3

Roast the Broccoli

- Place **broccoli** and **garlic** on prepared baking sheet and toss with 1½ tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and sprinkle with **Parmesan**. Roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, cook pork chops.



4

Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Place **pork chops** in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- *If using **chicken breasts**, follow same instructions and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **pork chop** with **pesto butter**. Bon appétit!