



In your box

- ½ oz. Grated Parmesan
- ¼ oz. Parsley
- 1 tsp. Italian Seasoning Blend
- .6 oz. Butter
- 2 Garlic Cloves
- 12 oz. Cauliflower Florets
- 1 Roma Tomato
- 2 tsp. Chicken Demi-Glace
- ¼ tsp. Red Pepper Flakes

Customize It Options

- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk

You will need

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



Tuscan Pork Chop

with cauliflower scampi

NUTRITION per serving—Calories: 571, Carbohydrates: 15g, Fat: 37g, Protein: 45g, Sodium: 1165mg.

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

35-45 min.

Cook Within

6 days

Difficulty Level

Intermediate

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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend, Parmesan**

Customize It Instructions

- If using **chicken**, follow same instructions as pork chops in Steps 1 and 4.
- If using **NY Strip steak**, follow same instructions as pork chops in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Halve to serve.

Minimum Internal Temperature

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



1

Roast the Cauliflower

- Cut **cauliflower florets** into bite-sized pieces.
- Place cauliflower on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into cauliflower.
- Spread into a single layer. Roast in hot oven until browned and tender, 20-25 minutes.
- While cauliflower roasts, prepare ingredients.



2

Prepare the Ingredients

- Core **tomato** and cut into ¼" dice.
- Stem and mince **parsley**.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Season one side with half the **seasoning blend** (reserve remaining for sauce).



3

Make the Scampi Butter

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **butter**, **garlic**, and a pinch of **salt** to hot pan and stir constantly until golden brown, 2-3 minutes.
- Once golden brown, immediately transfer scampi butter to a mixing bowl. Set aside.
- Reserve pan; no need to wipe clean.



4

Cook the Pork Chops

- Return pan used to make scampi butter to medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to hot pan, seasoned side down. Cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Transfer pork chops to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



5

Make Sauce and Finish Dish

- Return pan used to cook chops to medium-high heat and add 1 tsp. **olive oil**. Add **demi-glace**, **tomato**, remaining **seasoning blend**, ¼ cup **water**, and 1 tsp. **Parmesan** (reserve remaining for cauliflower) to hot pan. Bring to a simmer. Once simmering, stir occasionally until slightly thickened, 1-3 minutes.
- Remove from burner and add **red pepper flakes** (to taste).
- Add **roasted cauliflower**, **parsley**, and remaining Parmesan to bowl with **scampi butter**. Stir to combine.
- Plate dish as pictured on front of card, topping **pork chop** with sauce. Bon appétit!