



In your box

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



Tuscan Pork Chop

with cauliflower scampi

NUTRITION per serving—Calories: 570, Carbohydrates: 15g, Fat: 37g, Protein: 45g, Sodium: 1163mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
6 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Mild

🕒 You will need

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

👑 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Italian seasoning blend, Parmesan**



1

Roast the Cauliflower

- Coarsely chop **cauliflower florets**.
- 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 light brown and tender, 20-25 minutes.
- While cauliflower roasts, prepare ingredients.



2

Prepare the Ingredients

- Core **tomato** and cut into ¼” dice.
- Mince **garlic**.
- Stem and mince **parsley**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Season one side with half the **Italian 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 Chops

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



5

Make the Sauce

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