



In your box

- 1 oz. Light Cream Cheese
- 1 oz. Shredded Cheddar Cheese
- 1 oz. Sour Cream
- .84 oz. Mayonnaise
- ½ fl. oz. Honey
- ¼ fl. oz. Cholula Hot Sauce
- 2 tsp. BBQ Spice Rub
- 12 oz. Cauliflower Florets
- 3 Tbsp. Pretzel Breading

Customize It Options

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



Southern Baked Pork Chop

with hot honey and cheddar-cauliflower mash

NUTRITION per serving—Calories: 569, Carbohydrates: 25g, Fat: 30g, Protein: 46g, Sodium: 1430mg.
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
30-40 min.

Cook Within
6 days

Difficulty Level 
Easy

Spice Level 
Mild

① You will need

Salt, Pepper, Cooking Spray
Baking Sheet, Medium Pot

👑 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **spice rub**



Prepare the Ingredients

- Cut **cauliflower florets** into 1" pieces.
- In a mixing bowl, combine **honey** and **hot sauce** (to taste). Set aside.
- In another mixing bowl, combine **mayonnaise** and half the **spice rub** (reserve remaining for pork chops). Set aside.
- Pat **pork chops** dry, and season both sides with remaining spice rub and a pinch of **salt** and **pepper**.
- *If using chicken, pat dry and season same amount.*



Prepare the Pork Chops

- Place **pork chops** on prepared baking sheet. Brush or spoon **mayonnaise-spice rub mixture** on pork chops and top with **pretzel breading**, pressing gently to adhere.
- *If using chicken, follow same instructions.*



Roast the Pork Chops

- Roast **pork chops** in hot oven until pork reaches a minimum internal temperature of 145 degrees, 12-14 minutes.
- *If using chicken, roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.*
- While pork chops roast, make cauliflower mash.



Make the Cauliflower Mash

- Bring a medium pot with **cauliflower**, ½ cup **water**, and ½ tsp. **salt** to a boil over medium-high heat.
- Once boiling, stir occasionally until water is completely evaporated, 10-12 minutes.
- Remove from burner. Add **sour cream**, **cream cheese**, **cheddar cheese**, and a pinch of **pepper** and mash until creamy. If **pork chop** is still roasting, cover cauliflower and set aside.



Finish the Dish

- Plate dish as pictured on front of card, placing **pork chop** on **hot honey**. Bon appétit!