



In your box

- ½ tsp. Garlic Salt
- 1 oz. Grated Parmesan
- 12 oz. Broccoli Florets
- ½ fl. oz. Honey
- 1 oz. Butter

Customize It Options

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



Honey Butter Pork Chop

with Parmesan broccoli

NUTRITION per serving—Calories: 597, Carbohydrates: 15g, Fat: 38g, Protein: 48g, Sodium: 1234mg.
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
15 min.

Cook Within
4 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper

Mixing Bowl, Medium Non-Stick Pan, Large 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!

- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry



Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Combine **honey**, **butter**, and a pinch of **pepper** in a mixing bowl. Set aside.
- Pat **pork chops** dry, and season both sides with **garlic salt** and a pinch of **pepper**.
- *If using **chicken breasts**, follow same instructions and season same amount.*



Cook the Broccoli

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **broccoli** and 1 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 5 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner and stir in **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**.



Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **pork chops** to 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.*
- While pork chops cook, cook broccoli.



Finish the Dish

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