



In your box

8 oz. Green Beans
1 Lemon
1 oz. Light Cream Cheese
2 Dill Sprigs
2 tsp. Chimichurri Seasoning
1 oz. Feta Cheese
4 oz. Grape Tomatoes

Customize It Options

16 oz. Bone-in Pork Chops
13 oz. Boneless Skinless Chicken Breasts
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, fish (salmon)

You will need

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



Feta and Dill Crusted Pork Chop

with green beans and blistered grape tomatoes

NUTRITION per serving—Calories: 560, Carbohydrates: 17g, Fat: 38g, Protein: 46g, Sodium: 1316mg.

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

20-30 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as pork in Step 2, placing salmon, skin-side up, in hot pan and searing on one side, 2-4 minutes. Follow same instructions as pork in Step 3, roasting until salmon reaches minimum internal temperature, 6-8 minutes.
- If using **chicken breasts**, follow same instructions as pork in Steps 1 and 2, searing chicken on one side until browned, 4-5 minutes. Follow same instructions as pork in Step 3, roasting until chicken reaches minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Stem and mince **dill**.
- Halve **tomatoes**.
- Halve **lemon**. Cut one half into wedges and juice other half.
- Trim ends off **green beans**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Sear the Pork Chops

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork chops** to hot pan and sear until lightly browned, 2-3 minutes per side.
- Transfer pork chops to prepared baking sheet. Reserve pan; no need to wipe clean.



3

Roast the Pork Chops

- In a mixing bowl, combine **cream cheese**, **feta**, ½ tsp. **lemon juice**, and ½ tsp. **dill**. Spread cream cheese-dill mixture evenly on **pork chops**.
- Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 6-9 minutes.
- While pork chops roast, cook vegetables.



4

Cook the Vegetables

- Return pan used to sear pork chops to medium heat and add 2 tsp. **olive oil**. Add **green beans**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir to combine.
- Cover, and cook until green beans start to soften, 4-6 minutes.
- Uncover, and stir occasionally until tender, 1-2 minutes.
- Add **tomatoes** and stir occasionally until tomatoes start to blister, 2-3 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, squeezing **lemon wedges** over dish to taste. Bon appétit!