



In your box

- ½ tsp. Garlic Salt
- .42 oz. Mayonnaise
- ¼ cup Italian Breadcrumbs
- 1 oz. Grated Parmesan
- 1 Lemon
- ½ oz. Baby Spinach
- 12 oz. Asparagus
- 1 oz. Light Cream Cheese

Customize It Options

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

You will need

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



Rockefeller Bone-In Pork Chop

with Parmesan asparagus

NUTRITION per serving—Calories: 620, Carbohydrates: 19g, Fat: 37g, Protein: 50g, Sodium: 1605mg.
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
25-35 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
- Ingredient(s) used more than once: **lemon juice, Parmesan, breadcrumbs**

Customize It Instructions

- If using **chicken breast**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions in Step 3, searing one side, 2-3 minutes. Follow same instructions in Step 4, roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **salmon**, pat dry and seasoning flesh side with a pinch of salt and pepper. Follow same instructions in Step 3, searing flesh side, 2-4 minutes. Follow same instructions in Step 4, roasting until chicken reaches minimum internal temperature, 7-10 minutes.
- If using **wild-caught salmon**, pat dry and seasoning flesh side with a pinch of salt and pepper. Follow same instructions in Step 3, searing flesh side, 2-4 minutes. Follow same instructions in Step 4, roasting until chicken reaches minimum internal temperature, 6-8 minutes. Remove salmon and roast asparagus an additional 2 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Coarsely chop **spinach**.
- Trim woody ends off **asparagus**.
- Halve and juice **lemon**.
- Pat **pork chops** dry.



2

Prepare the Spinach Topping and Asparagus

- In a mixing bowl, combine **spinach, cream cheese**, 2 tsp. **lemon juice** (reserve remaining for asparagus), half the **Parmesan** (reserve remaining of both for asparagus), **garlic salt**, and a pinch of **pepper**. Set aside.
- In another mixing bowl, combine **mayonnaise**, 1 tsp. reserved lemon juice, and a pinch of **salt** and **pepper**.
- Place **asparagus** on one half of prepared baking sheet. Toss with mayonnaise mixture to coat and spread into a single layer on their side. Top with half the **breadcrumbs** (reserve remaining for pork) and remaining Parmesan.



3

Sear the Pork

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **pork chops** to hot pan and sear until browned, 2-3 minutes per side.
- Transfer to empty half of prepared baking sheet.



4

Roast the Asparagus and Pork

- Top **pork** evenly with **spinach-cream cheese mixture** and reserved **breadcrumbs**.
- Roast in hot oven until **asparagus** is tender and pork reaches minimum internal temperature (find temperature in Customize It Instructions), 8-10 minutes.
- Season cooked asparagus with ¼ tsp. **salt** and ¼ tsp. **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!