



In your box

- ½ oz. Smoked Almonds
- .6 oz. Butter
- 12 oz. Brussels Sprouts
- ¼ oz. Cilantro
- 1 Lime
- 1 tsp. Fajita Seasoning

Customize It Options

- 16 oz. Bone-in Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, soy, tree nuts (almonds)

You will need

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



Smoked Almond Butter Pork Chop

with cilantro-lime Brussels sprouts

NUTRITION per serving—Calories: 603, Carbohydrates: 16g, Fat: 40g, Protein: 45g, Sodium: 836mg.

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

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

Customize It Instructions

- If using **NY strip steak**, follow same instructions as pork chops in Steps 1, 2, and 3, searing undisturbed, 2-3 minutes. Transfer steak, seared side up, to half of prepared baking sheet and roast until steak reaches minimum internal temperature, 10-12 minutes.
- If using **chicken breast**, follow same instructions as pork in Steps 1, 2, and 3, searing undisturbed, 4-5 minutes. Transfer chicken, seared side up, to half of prepared baking sheet and roast 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

- Finely chop **almonds**.
- Mince **cilantro** (no need to stem).
- Halve **lime** and juice.
- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Pat **pork chops** dry, and season both sides with **seasoning blend** and a pinch of **salt** and **pepper**.



2

Sear the Pork Chops

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **pork chops** to hot pan and sear on one side until browned, 3-4 minutes.
- Transfer **pork chops** to one half of prepared baking sheet, seared side up.



3

Roast the Pork Chops and Brussels Sprouts

- Place **Brussels sprouts** on empty half of baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Spread into a single layer on their side.
- Roast in hot oven until Brussels sprouts are tender and **pork chops** reach a minimum internal temperature of 145 degrees, 10-12 minutes.
- While pork chops and Brussels sprouts roast, make butter.



4

Make Almond Butter and Lime-Cilantro Dressing

- Combine **butter** and **almonds** in a mixing bowl. Set aside.
- In another mixing bowl, combine **cilantro** and 1 Tbsp. **lime juice**. Set aside.



5

Finish the Dish

- Plate dish as pictured on front of card, placing a dollop of **almond butter** on **pork**, and drizzling **Brussels sprouts** with **lime-cilantro dressing**. Bon appétit!