



In your box

2 oz. Miso Dressing
6 oz. Pepper and Onion Mix
½ oz. Wonton Strips
½ tsp. Garlic Salt
8 oz. Green Beans
¼ tsp. Red Pepper Flakes
1 fl. oz. Orange Sauce

Customize It Options

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

*Contains: wheat, soy

You will need

Olive Oil, Salt, Cooking Spray

HOME CHEF
Fresh
AND EASY

Grill-Ready

Orange Grilled Pork Chop

with green beans and peppers

NUTRITION per serving—Calories: 598, Carbohydrates: 32g, Fat: 33g, Protein: 42g, Sodium: 1309mg.
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

Easy

Spice Level

Mild



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **pepper and onion mix**, **green beans**, 1 Tbsp. **olive oil**, 1 Tbsp. **water**, and **garlic salt** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Season **pork chops** on both sides with ¼ tsp. **salt**.
- *If using **chicken breasts** or **steaks**, follow same instructions.*



2

Grill the Meal

- Place **grill bag** on hot grill and cook until green beans are bright green and vegetables are tender, 10-12 minutes. *Do not close grill; heat from a closed grill will cause grill bag window to melt.*
- Place **pork chops** on hot grill and cook until chops reach a minimum internal temperature of 145 degrees, 4-5 minutes per side.
- *If using **steaks**, follow same instructions. If using **chicken breasts**, cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*



3

Finish the Dish

- Transfer **pork** to a plate and brush or spoon **orange sauce** on pork. Carefully, open grill bag and scoop out **vegetables**. Drizzle with **miso dressing**.
- Plate dish as pictured on front of card, garnishing vegetables with **wonton strips**, and sprinkling **red pepper flakes** (to taste) on pork chops. Bon appétit!

Indoor Instructions

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and **cooking spray**. Place **pepper and onion mix**, **green beans**, 1 Tbsp. **olive oil**, and **garlic salt** on prepared baking sheet and toss to coat. Spread into a single layer and roast in hot oven until vegetables are tender, 11-15 minutes. While vegetables roast, pat **pork chops** dry, and season both sides with ¼ tsp. **salt**. 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. Follow same instructions as grilling for plating.