



In your box

- 2 tsp. Meatloaf Seasoning
- 1 oz. Shredded Cheddar Cheese
- 2 tsp. Chicken Base
- 2 Tbsp. Sun-Dried Tomato Pesto
- 12 oz. Broccoli Florets

Customize It Options

- 16 oz. Bone-in Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks

*Contains: milk

You will need

Olive Oil, Salt, Pepper



Grill-Ready

Sun-Dried Tomato Bone-In Pork Chop

with cheddar broccoli

NUTRITION per serving—Calories: 588, Carbohydrates: 13g, Fat: 36g, Protein: 49g, Sodium: 1441mg.

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

Not Spicy



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **broccoli, seasoning blend, chicken base,** and a pinch of **salt** and **pepper** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Season **pork** on both sides with 1 tsp. **olive oil,** ¼ tsp. **salt,** and a pinch of **pepper.**
- *If using chicken breasts, filets mignon, or sirloin steaks, follow same instructions.*



3

Finish the Dish

- Carefully, open grill bag and top with **cheese.**
- Plate dish as pictured on front of card. Bon appétit!



2

Cook the Meal

- Place grill bag on hot grill and cook until broccoli is tender, 12-14 minutes.
- While broccoli cooks, place **pork chops** on hot grill and cook until pork reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove from grill and top with **pesto.**
- *If using sirloin steaks or filets mignon, follow same instructions. If using chicken, cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.*

For a Rainy Day...

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and cooking spray. In a mixing bowl, combine **broccoli, seasoning blend, chicken base,** and a pinch of **salt** and **pepper.** Place broccoli mixture on prepared baking sheet and spread into a single layer. Roast in hot oven until tender, 14-16 minutes. Top with **cheese.** While broccoli roasts, pat **pork chops** dry and season both sides with ¼ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil.** Place pork chops in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side. Remove to a plate and top with **pesto.** Follow same plating instructions. Bon appétit!