



In your box

- 10 oz. Cooked Red Potatoes
- 1 oz. Walnut Halves
- 5 oz. Peas
- ½ oz. Grated Parmesan
- ¼ oz. Crispy Garlic
- 1 tsp. Garlic Salt
- 2 oz. Goat Cheese

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat, tree nuts (walnuts), fish (salmon)

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Goat Cheese and Walnut-Crusted Pork Chop

with garlic peas and potatoes

NUTRITION per serving—Calories: 676, Carbohydrates: 34g, Fat: 35g, Protein: 54g, Sodium: 1782mg.

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

- Preheat oven to 400 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **potatoes**, **peas**, **garlic salt**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper** in provided tray. Push to one side.



2

Add the Pork

- Place **pork chops** in empty side of tray and top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**.
- *If using **chicken**, follow same instructions. If using **salmon**, follow same instructions, placing salmon in tray skin side down.*



3

Bake the Dish

- Bake uncovered in hot oven until **pork** reaches a minimum internal temperature of 145 degrees, 16-20 minutes.
- *If using **chicken**, bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 23-25 minutes. If using **salmon**, bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 16-20 minutes.*
- Carefully remove from oven. Top pork with **goat cheese** (crumbling with your hands if needed) and **walnuts**. Top **vegetables** with **crispy garlic** and **Parmesan**. Bon appétit!