



**In your box**

- .6 oz. Butter
- 2 oz. Feta Cheese Crumbles
- 1 oz. Sour Cream
- 2 Dill Sprigs
- ¾ cup Pearl Couscous
- 3 oz. Peas
- 2 Tbsp. Sun-Dried Tomato Pesto

**Customize It Options**

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

\*Contains: milk, wheat

**You will need**

- Salt, Pepper
- Mixing Bowl

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Oven-Ready



**Boneless Pork Chop with Dill Crema**  
and sun-dried tomato feta couscous

NUTRITION per serving—Calories: 649, Carbohydrates: 54g, Sugar: 4g, Fiber: 2g, Protein: 53g, Sodium: 1290mg, Fat: 30g, Saturated Fat: 13g  
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

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Prepare the Couscous

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **couscous**, 1 cup **water**, **peas**, ½ tsp. **salt**, and a pinch of **pepper** in provided tray.



### 2. Add the Pork Chops

- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**. Place pork on **couscous**.

## Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 2 and 3, baking uncovered in hot oven until browned and chicken reaches minimum internal temperature, 20-25 minutes.



### 3. Bake the Dish

- Bake uncovered in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 20-25 minutes.
- Carefully remove from oven. Rest, 3 minutes. Then transfer pork chops to a plate, removing any sticking couscous. Stir **pesto** and **butter** into couscous until creamy.
- Stem **dill**. In a mixing bowl, combine **sour cream**, 1 Tbsp. **water**, half the **feta** (reserve remaining for couscous), and dill.
- Top pork chops with sour cream-feta sauce and couscous with remaining feta. Bon appétit!