



In your box

- 1 ½ fl. oz. Asian Sesame Dressing
- 1 fl. oz. Honey
- 8 ½ oz. Cooked Jasmine Rice
- 6 oz. Broccoli Florets
- 2 tsp. Miso Paste
- 1 tsp. Sriracha
- 1 tsp. Asian Garlic and Ginger Seasoning

Customize It Options

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

*Contains: wheat, soy, fish (salmon)

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Miso Honey Boneless Pork Chop

with sesame rice and broccoli

NUTRITION per serving—Calories: 712, Carbohydrates: 68g, Fat: 27g, Protein: 45g, Sodium: 1187mg.

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

Medium



1

Prepare the Ingredients

- Preheat oven to 425 degrees. Remove lid and label, if necessary. Reserve lid. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **rice, broccoli, dressing**, 1 tsp. **olive oil**, and a pinch of **salt** in provided tray. Push to one side.



2

Add the Pork

- Add **pork chops** to empty half of tray and top with **seasoning blend**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**.
- *If using **chicken**, follow same instructions. If using **salmon**, bake broccoli alone, 10-12 minutes. Salmon will bake in Step 3.*



3

Finish the Dish

- Bake uncovered in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 18-22 minutes.
- *If using **chicken**, bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 22-25 minutes. If using **salmon**, carefully add to salmon to tray, skin side down, and follow same instructions as Step 2. Bake uncovered in hot oven until salmon reaches a minimum internal temperature of 145 degrees, 14-16 minutes.*
- While pork cooks, combine **miso paste, honey**, and **Sriracha** (to taste) on reserved lid.
- Carefully remove from oven. Top pork chops with miso-honey sauce. Bon appétit!