



In your box

- 1 Tbsp. Stone Ground Mustard
- ½ oz. Roasted Pecans
- 1 tsp. Seasoned Salt Blend
- .6 oz. Butter
- 12 oz. Cubed Butternut Squash
- ½ oz. Crispy Fried Onions
- 1 oz. Grated Parmesan

Customize It Options

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

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

You will need

- Olive Oil, Salt, Pepper



Oven-Ready

Stone Mustard and Pecan Crusted Pork Chops

with Parmesan butternut squash

NUTRITION per serving—Calories: 584, Carbohydrates: 26g, Fat: 33g, Protein: 46g, Sodium: 1462mg.

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

30-40 min.

Cook Within

6 days

Difficulty Level

Easy

Spice Level

Not Spicy



Prepare the Ingredients

- Preheat oven to 425 degrees. Remove lid and label, if necessary. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Mix **butternut squash**, 1 tsp. **olive oil**, and **seasoned salt** in provided tray until completely combined. Push to one side of tray.



Add Pork Chops and Topping

- Coarsely crush **pecans** in shipping bag. Place **pork chops** in empty side of tray and top with $\frac{1}{4}$ tsp. **salt**, a pinch of **pepper**, **mustard**, and crushed pecans.
- *If using **chicken**, follow same instructions. If using salmon, bake butternut alone, 10-12 minutes. Salmon will be baked in Step 3.*



Bake the Meal

- Bake uncovered in hot oven until **butternut squash** is tender and **pork** reaches a minimum internal temperature of 145 degrees, 25-30 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. If using **chicken**, bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 25-30 minutes.*
- Carefully remove from oven. Remove pork to a plate. Stir **butter** into butternut squash and top with **Parmesan** and **crispy onions**. Bon appétit!