



#### In your box

- 6 oz. Sliced Red Bell Pepper
- 6 oz. Sliced Zucchini
- ¼ tsp. Red Pepper Flakes
- 1 oz. Shredded Parmesan Cheese
- 6 fl. oz. Marinara Sauce
- ½ oz. Crispy Garlic

#### Customize It Options

- 12 oz. Boneless Pork Chops
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, wheat

#### You will need

- Olive Oil, Salt, Pepper



Oven-Ready

## Parmesan Crusted Pork Chops

with roasted garlic marinara sauce and zucchini

NUTRITION per serving—Calories: 437, Carbohydrates: 18g, Fat: 20g, Protein: 43g, Sodium: 1216mg.

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

5 days

Difficulty Level

Easy

Spice Level

Mild



### 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.
- Combine **red bell pepper**, **zucchini**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in provided tray until completely combined. Spread into a single layer on one side.



### Add the Pork Chops

- Add **marinara sauce** and **crispy garlic** to empty side of tray and stir to combine.
- Place **pork chops** on sauce and cover entirely with **Parmesan**, ¼ tsp. **salt**, and a pinch of **pepper**.
- *If using **steak** or **chicken**, follow same instructions.*



### Bake The Meal

- Bake uncovered in hot oven until **peppers** are tender and **pork** reaches a minimum internal temperature of 145 degrees, 20-22 minutes.
- *If using **steak**, follow same instructions. If using **chicken**, bake in hot oven until peppers are tender and chicken reaches a minimum internal temperature of 145 degrees, 23-35 minutes.*
- Carefully remove from oven. Top with **red pepper flakes** (to taste). Bon appétit!