



#### In your box

.96 fl. oz. Pure Maple Syrup  
2 tsp. Vegetable Base  
8 oz. Brussels Sprouts  
8 oz. Turnip  
1 Rosemary Sprig  
½ oz. Dried Cranberries

#### Customize It Options

16 oz. Bone-in Pork Chops  
12 oz. Antibiotic-Free Boneless  
Skinless Chicken Breasts  
12 oz. Wild-Caught Alaskan Sockeye  
Salmon Fillets  
13 oz. Boneless Skinless Chicken  
Breasts

\*Contains: fish (salmon)

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Mixing Bowl, Medium Pan, Baking  
Sheet



## Maple Cranberry Bone-in Pork Chop

with rosemary Brussels sprouts and turnips

NUTRITION per serving—Calories: 592, Carbohydrates: 32g, Fat: 31g, Protein: 44g, Sodium: 677mg.

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

35-45 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Preheat oven to **400 degrees**
- ☐ Prepare a baking sheet with foil and cooking spray

### Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 1 and 3, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **wild-caught salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as pork chops in Step 3, cooking until salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Prepare the Ingredients

- Coarsely chop **dried cranberries**. Place in a mixing bowl and cover with  $\frac{1}{4}$  cup **hot water**. Set aside to rehydrate at least 10 minutes.
- While cranberries rehydrate, trim bottoms off **Brussels sprouts** and halve (quarter if larger than a ping-pong ball).
- Peel and cut **turnip** into  $\frac{1}{2}$ " dice.
- Stem and mince **rosemary**.
- Pat **pork chops** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



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### Roast the Vegetables

- Place **Brussels sprouts** and **turnip** on prepared baking sheet. Toss with 2 tsp. **olive oil**, **rosemary**,  $\frac{1}{4}$  tsp. **pepper**, and  $\frac{1}{4}$  tsp. **salt**, if desired.
- Spread into a single layer. Roast in hot oven until vegetables are caramelized and tender, 18-20 minutes.
- While vegetables roast, cook pork chops.



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### Cook the Pork Chops

- Place a medium pan over medium heat and add 1 tsp. **olive oil**. Place **pork chops** in hot pan and cook until golden brown and chops reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove pork chops to a plate and tent with foil. Rest at least 5 minutes. Reserve pan; no need to wipe clean.



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### Make the Sauce

- Return pan used to cook pork to medium heat. Add **cranberries**, **cranberry rehydrating liquid**,  $\frac{1}{4}$  cup **water**, **maple syrup**, and **vegetable base** to hot pan.
- Bring to a simmer. Once simmering, stir occasionally until slightly thickened, 2-4 minutes.
- Taste, and season with a pinch of **salt** and **pepper**, if desired.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **pork chops**. Bon appetit!