



In your box

- 1 oz. Sour Cream
- ¼ oz. Parsley
- 1 tsp. Meatloaf Seasoning
- 1 Shallot
- 12 oz. Cauliflower Florets
- 2 tsp. Chicken Demi-Glace
- 1 oz. Shredded Asiago Cheese
- 2 Garlic Cloves
- ½ oz. Shaved Parmesan

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

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan



Pork Chop with Creamy Shallot Demi-Glace and Asiago roasted cauliflower

NUTRITION per serving—Calories: 554, Carbohydrates: 18g, Fat: 32g, Protein: 48g, Sodium: 1303mg.

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 in Steps 1 and 3, searing undisturbed until browned, 4-5 minutes, then roasting until chicken reaches minimum internal temperature, 8-10 minutes.
- If using **sirloin steaks**, follow same instructions as pork in Steps 1 and 3, searing undisturbed until browned, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Stem and coarsely chop **parsley**.
- Peel and halve **shallot**. Slice thinly.
- Cut **cauliflower florets** into bite-sized pieces.
- Mince **garlic**.
- Pat **pork** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Cauliflower

- Place **cauliflower** on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into cauliflower.
- Spread into a single layer on one half of baking sheet (leave room for pork). Top evenly with **Asiago**.
- Roast in hot oven until cauliflower has softened and cheese starts to brown, 10-12 minutes.
- Remove from oven. *Cauliflower will finish cooking in a later step.*
- While cauliflower roasts, sear pork chops.



3

Cook Pork and Finish Cauliflower

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **pork** to hot pan and cook until golden brown, 2-3 minutes per side.
- Transfer to empty half of prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast in hot oven until **cauliflower** is tender and pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes.
- While cauliflower and pork roast, make sauce.



4

Make the Sauce

- Return pan used to cook pork to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pan and stir occasionally until softened, 2-3 minutes.
- Add **garlic** and stir constantly until aromatic, 30-60 seconds.
- Stir in ¼ cup **water** and **demi-glace** until combined. Bring to a simmer. Once simmering, stir often until sauce thickens slightly, 2-4 minutes.
- Remove from burner and stir in **sour cream**. Season with a pinch of **salt** and **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **pork** and garnishing with **Parmesan**. Garnish **cauliflower** with **parsley**. Bon appétit!