



In your box

8 ½ oz. Cooked Jasmine Rice
3 oz. Sliced Plantains
3 oz. Black Beans
3 oz. Pineapple Chunks
2 tsp. Sugar
½ fl. oz. Red Wine Vinegar
4 oz. Slaw Mix
2 fl. oz. Jerk Sauce
½ tsp. Garlic Salt

Customize It Options

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

*Contains: soy

You will need

Olive Oil, Salt, Pepper
Mixing Bowl



Oven-Ready

Jerk Pork Chop and Baked Plantains

with black beans and rice

NUTRITION per serving—Calories: 739, Carbohydrates: 87g, Fat: 22g, Protein: 44g, Sodium: 1560mg.

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

Not Spicy



Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Drain **beans**.
- Combine **rice**, beans, 2 Tbsp. **water**, and **garlic salt** in provided tray. Push to one side and top with **plantains**.



Add the Pork

- Place **pork chops** in empty half of tray and top with a pinch of **salt** and **pepper**.
- *If using **steak** or **chicken**, follow same instructions.*



Finish the Dish

- Bake uncovered in hot oven until **pork** reaches a minimum internal temperature of 145 degrees, 20-23 minutes.
- *If using **chicken**, bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 23-25 minutes. If using **steak**, bake uncovered in hot oven until steak reaches a minimum internal temperature of 145 degrees, 20-23 minutes.*
- While pork bakes, combine **slaw mix**, **pineapple**, 1 Tbsp. **olive oil**, **vinegar**, **sugar**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl.
- Carefully remove from oven. Top pork with **jerk sauce**. Bon appétit!