



In your box

- .14 oz. Lemon Juice
- .42 oz. Mayonnaise
- ½ tsp. Garlic Salt
- 12 oz. Cauliflower Florets
- 2 tsp. Buttermilk-Dill Seasoning
- 1 oz. Crumbled Feta Cheese
- ½ oz. Crispy Fried Onions
- 2 Tbsp. Roasted Red Pepper Pesto
- 4 Butter Crackers

Customize It Options

- 12 oz. Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Oven-Ready



Lemon Feta Pork Chops

with roasted red pepper cauliflower

NUTRITION per serving—Calories: 527, Carbohydrates: 20g, Sugar: 6g, Fiber: 5g, Protein: 44g, Sodium: 1676mg, Fat: 30g, Saturated Fat: 9g
 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

Before you cook

All cook times are approximate based on testing.



1. Bake the Cauliflower

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **cauliflower** and 2 tsp. **olive oil** in provided tray.
- Spread into a single layer and bake uncovered in hot oven, 10 minutes.
- Carefully remove tray from oven. Combine cauliflower, **garlic salt**, and a pinch of **salt** and **pepper**. Tray will be hot! Use a utensil. Push to one side.



2. Add the Pork

- Coarsely crush **crackers**.
- Pat **pork chops** dry, and season both sides with **seasoning blend** and a pinch of **salt** and **pepper**.
- Place pork chops in empty space in tray and top with **mayonnaise**, **feta**, **lemon juice**, and **crackers**.

Customize It Instructions

- If using **chicken breasts**, follow same instructions as pork chops in Steps 2 and 3, baking uncovered in hot oven until chicken reaches minimum internal temperature, 20-25 minutes.



3. Finish the Dish

- Bake uncovered in hot oven until **pork chops** reach a minimum internal temperature of 145 degrees, 15-18 minutes.
- Carefully remove tray from oven. Rest, 3 minutes. Remove pork to a plate. Stir **red pepper pesto** into cauliflower and garnish with **crispy onions**. Bon appétit!