

MARLEY SPOON



Fast! Pork Chops à l'Orange

with Apple-Fennel Sauté & Spinach



ca. 20min



2 Servings

The classic French duck à l'orange is a complicated dish best served in restaurants. In our home version we brown tender pork chops and serve them with a bright and tangy homemade orange sauce that comes together in a breeze. On the side is a unique vegetable-forward dish with sautéed fennel, apples, and spinach. There are lots of bright, sweet-and-sour flavors here to transport your palate to the sunny South of France.

What we send

- 1 bulb fennel
- 1 apple
- 12 oz pkg ribeye pork chop
- 5 oz baby spinach
- 1 orange
- ½ oz whole-grain mustard
- ½ oz honey

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium skillet
- microplane or grater

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 27g, Carbs 30g, Protein 39g



1. Prep ingredients

Halve **fennel**, remove and discard core, and thinly slice. Quarter **apple**, discard core, and thinly slice each quarter. Pat **pork chops** dry, then season all over with **salt** and **pepper**.



2. Cook pork

In a medium skillet, heat **1 tablespoon oil** over medium-high. Add **pork chops** and cook until golden brown and medium (145°F internally) or longer if desired, 2-3 minutes per side. Transfer pork to a plate and cover to keep warm. Return skillet to stovetop.



3. Cook fennel & apples

Heat **1 tablespoon butter** in same skillet over medium. Add **fennel** and **apples**; season with **salt** and **pepper**. Cook, covered, until softened, 5-7 minutes. Stir in **spinach** and cook until just wilted, 1-2 minutes. Transfer mixture to a serving platter and cover to keep warm. Reserve skillet for step 5.



4. Make orange sauce

Meanwhile, finely grate **2 teaspoons orange zest** and squeeze **all of the orange juice** into a small bowl. Whisk in **mustard**, **honey**, and **1 tablespoon water**. Season **orange sauce** to taste with **salt** and **pepper**.



5. Cook sauce & finish

Add **orange sauce** and **any resting pork juices** to reserved skillet. Cook over medium heat, stirring and scraping up any brown bits, until sauce is thick enough to coat the back of a spoon, 2-3 minutes.

Arrange **pork** over **fennel and apples** and spoon **orange sauce** over top.



6. Serve

Enjoy!