



## Apricot-Dijon Pork Chop

with Roasted Sweet Potato & Brussels Sprouts



30-40min



2 Servings

Here, sweet potatoes, Brussels sprouts, and onions mix and mingle on a sheet pan in the oven, along with fresh thyme and olive oil. While they do their roasting thing, you sear succulent pork chops and make a tangy, sweet and sour, apricot pan sauce. The result is a tasty, colorful, picture-perfect (and palate-perfect) plate.



## What we send

- 1 medium red onion
- 1 sweet potato
- ½ lb Brussels sprouts
- ¼ oz fresh thyme
- 12 oz boneless pork chops
- garlic (use 1 large clove)
- 1 pkt chicken broth concentrate
- ½ oz Dijon mustard <sup>17</sup>
- 1 oz apricot preserves

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

## Tools

- rimmed baking sheet
- meat mallet (or heavy skillet)
- medium skillet

## Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 830kcal, Fat 46g, Carbs 66g, Protein 43g



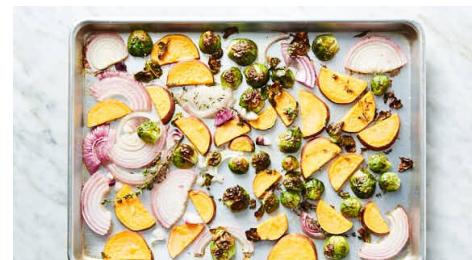
### 1. Prep ingredients

Heat oven to 450°F with a rack in the center. Halve, peel and cut **all of the onion** into ¼-inch thick slices. Scrub **sweet potato**, trim ends, then halve lengthwise and cut into ¼-inch thick half moons. Trim ends from **Brussels sprouts**, then halve (or quarter, if large). Pick **½ teaspoon thyme leaves** from stems. Discard stems and reserve leaves for step 5.



### 4. Cook pork chops

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **pork chops** and cook until browned and cooked through, 3-4 minutes per side. Transfer pork chops to a plate and cover to keep warm.



### 2. Roast vegetables

On a rimmed baking sheet, toss **onions, sweet potatoes, Brussels sprouts, half of the remaining thyme sprigs** (save rest for own use), **1½ tablespoons oil, ½ teaspoon salt, and a few grinds pepper**. Roast on center oven rack until vegetables are tender and browned in spots, 20-25 minutes.



### 5. Prep sauce

Meanwhile, in a liquid measuring cup, whisk together **chicken broth concentrate, mustard, apricot jam, 1 tablespoon vinegar, ⅓ cup water, and reserved thyme leaves**. Remove **all but ½ tablespoon oil** from skillet. Add **garlic** to skillet and return to medium heat; cook, stirring frequently, until fragrant, about 30 seconds.



### 3. Prep pork chops & garlic

Meanwhile, pat **pork chops** dry and trim any fat, if necessary; using a meat mallet or heavy skillet, pound to an even thickness. Season pork chops all over with **salt and pepper**. Peel and finely chop **1 teaspoon garlic**.



### 6. Finish sauce & serve

Stir **broth mixture**, then immediately add to skillet. Bring to a simmer, scraping up browned bits. Simmer until sauce is reduced to ⅓ cup, 2-3 minutes. Stir in **any pork juices** and season to taste with **salt and pepper**. Serve **pork chops** with **roasted vegetables**; top with **apricot-Dijon sauce**. Enjoy!