



Sautéed Pork Chop with Apples & Onions

with Buttery Dijon Roasted Veggies



20-30min



2 Servings

Dijon mustard is made from finely ground brown mustard seeds mixed with salt, spices, and white wine. Dijon is the capital of Burgundy, France—a region famous for their stellar wines. It is fitting that their namesake mustard would include a touch of dry white wine. We use this luxe ingredient as a coating for buttery roasted veggies, served alongside juicy pork chops.

What we send

- 1 sweet potato
- ½ lb Brussels sprouts
- garlic (use 1 large clove)
- ¼ oz pkt Dijon mustard ¹⁷
- 1 medium red onion
- 1 apple
- ¼ oz fresh thyme
- 12 oz boneless pork chops
- turkey broth concentrate

What you need

- butter ⁷
- olive oil
- kosher salt & pepper
- all-purpose flour ¹
- apple cider vinegar (or white wine vinegar)

Tools

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

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 57g, Carbs 65g, Protein 44g



1. Prep veggies

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, halve lengthwise, then slice crosswise into ¼-inch half-moons. Trim **Brussels sprouts**, then halve lengthwise. Peel and finely chop **1 teaspoon garlic**. Set aside **2 tablespoons butter** to soften.



2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes** and **Brussels sprouts** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 15-18 minutes (watch closely). Use a spatula to toss veggies on baking sheet with **mustard, garlic, and softened butter**. Roast on center oven rack until garlic is fragrant, 2-3 minutes.



3. Prep sauce ingredients

While veggies roast, halve, peel, and thinly slice **1 cup of the onion**. Quarter **apple**, discard core and stem, and thinly slice crosswise. Pick and finely chop **2 teaspoons thyme leaves** (save rest).



4. Season & cook pork chops

Pat **pork chops** dry, then pound to an even ½-inch thickness. Season all over with **salt, pepper, half of the chopped thyme**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add pork chops and cook until browned and cooked to an internal temperature of 145°F, 2-3 minutes per side. Transfer to a plate. Return skillet to stovetop.



5. Cook apples & onions

Heat **1 tablespoon oil** in same skillet over medium-high. Add **apples** and **sliced onions**. Cook, stirring, until tender, 4-5 minutes (reduce heat if browning too quickly). Stir in **1 teaspoon flour**; cook, 30 seconds. Add **turkey broth concentrate, ⅓ cup water, and 1 teaspoon vinegar**. Cook over medium until sauce is reduced by half, 1-2 minutes. Season to taste.



6. Finish pork & serve

Return **pork chops and any juices** to skillet. Cook, basting **pork chops** with sauce, until warmed through, about 1 minute. Transfer **pork chops** to plates, then season **pan sauce** to taste with **salt and pepper**. Serve **pork chops** with **roasted veggies** alongside and **pan sauce** spooned over top. Garnish with **remaining chopped thyme leaves**. Enjoy!