





## BBQ Glazed Pork Chops

with Quick Baked Beans & Tomato Salad

 20-30min  2 Servings

If you don't have grill or grill pan, no problem! Heat 1 tablespoon oil in a large skillet over medium-high. Add pork and cook until browned and almost cooked through 6-8 minutes. Brush pork chops with glaze and continue to cook until glaze caramelizes and pork reaches an internal temperature of 145°F, about 1-2 minutes per side.

## What we send

- ¼ oz fresh thyme
- 1 lb pkg bone-in pork chops
- 1 medium yellow onion
- 9 oz tomatoes
- 1 container apple juice
- 2 oz barbecue sauce
- 1 oz whole-grain mustard <sup>17</sup>
- 1 can cannellini beans

## What you need

- kosher salt & pepper
- olive oil
- sugar

## Tools

- medium saucepan
- grill or grill pan

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

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

### Nutrition per serving

Calories 860kcal, Fat 35g, Carbs 75g, Proteins 60g



### 1. Season pork

Pick **1¼ teaspoons thyme leaves** from stems. Pat **pork chops** dry, then season all over with **½ teaspoon thyme and salt** and **several grinds of pepper**. Set aside until step 5.



### 2. Prep salad

Halve and very thinly slice **¼ of the onion**; finely chop **remaining onion**. Core and thinly slice **tomatoes**. Arrange tomatoes and sliced onions on a plate. Sprinkle with **¼ teaspoon thyme**, season with **salt and pepper**, and drizzle with **oil**.



### 3. Cook BBQ glaze

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **chopped onions** and cook, stirring occasionally, until browned, 5-7 minutes. Add **apple juice** and **1 tablespoon sugar** and cook until reduced by **¾**, about 5 minutes. Stir in **barbecue sauce** and **mustard**; simmer until thickened, 1-2 minutes. Spoon **¼ cup of the glaze** into a small bowl; reserve for step 6.



### 4. Make beans

Preheat a grill or grill pan to high. Add **beans and their liquid** and **remaining ½ teaspoon thyme** to saucepan with **barbecue glaze**. Cook over medium-high heat, stirring occasionally, until thickened and stewy, 5-6 minutes. Cover to keep warm until ready to serve.



### 5. Grill pork

Lightly **oil** grill grates. Add **pork**, then lower heat to medium. Grill, turning once or twice, until browned and crusty, and almost cooked through, 6-8 minutes.



### 6. Glaze pork & serve

Brush **pork chops** with **reserved glaze** and grill until caramelized and sticky, turning occasionally, 4-5 minutes more. Rewarm **beans**, if necessary. If too thick, add 1 tablespoon water at a time, as needed to loosen. Serve **BBQ glazed pork chops** with **baked beans** and **tomato salad** alongside. Enjoy!