



Sautéed PORK CHOP, Apples & Onions

with Dijon Roasted Veggies



20-30min



2 Servings

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

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

What you need

- butter ⁷
- olive oil
- kosher salt & ground 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 850kcal, Fat 43g, Carbs 65g, Protein 57g



1. Prep veggies

Preheat oven to 450°F with a rack in the center. Set aside **2 tablespoons butter** to soften. Trim ends and any brown outer leaves from **Brussels sprouts**, then halve lengthwise (or quarter, if large). Finely chop **1 teaspoon garlic**. Scrub **sweet potato**, halve lengthwise, and slice crosswise into ¼-inch half moons.



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. Using a spatula, toss veggies on baking sheet with **Dijon mustard**, **chopped garlic**, and **softened butter**. Roast on center oven rack until garlic is fragrant, 2-3 minutes.



3. Prep sauce ingredients

Meanwhile, halve and thinly slice **half of the onion** (save rest for own use). Pick and finely chop **2 teaspoons thyme leaves**, discarding stems. Quarter **apple**, discard core and stem, and thinly slice.



4. Season & cook pork chops

Pat **pork chops** dry, then use a meat mallet (or heavy skillet) to pound to an even ½-inch thickness; season with **salt, pepper**, and **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 (or longer for desired doneness). Transfer to a plate.



5. Cook apples & onions

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



6. Finish pork & serve

Return **pork chops and any resting juices** to skillet. Cook over medium heat, basting **pork chops** with sauce, until warmed through, about 1 minute. Transfer **pork chops, apples, and onions** to plates. Serve with **roasted veggies** alongside and **any remaining pan sauce** from skillet spooned over top. Sprinkle with **remaining chopped thyme**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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