



ONE-PAN PORK CHOPS

with Roasted Brussels Sprouts and Cranberry Quinoa



HELLO

GALA APPLE

Apple season is here and there's no better way to celebrate than with stewed apples and pork!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 467



Pork Chops, boneless



Onion, chopped



Brussels Sprouts, shredded



Sherry Vinegar



Chicken Broth Concentrate



Gala Apple



Dried Cranberries



Thyme



White Quinoa

BUST OUT

- Aluminum Foil
- Baking Sheet
- Large Non-Stick Pan
- Measuring Cups
- Strainer
- Medium Pot
- Measuring Spoons
- Paper Towel
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Chops, boneless 570 g
- Onion, chopped 113 g
- Brussels Sprouts, shredded 227 g
- Sherry Vinegar 9 2 tbsp
- Chicken Broth Concentrate 2
- Gala Apple 2
- Dried Cranberries ½ cup
- Thyme 10 g
- White Quinoa 1 cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **400°F** (to roast the Brussels sprouts). Start prepping when the oven comes up to temperature!



1 COOK QUINOA
Wash and dry all produce.* In a medium pot, add **2 cups water**. Cover and bring to a boil over high heat. Meanwhile, strip **1 tbsp thyme leaves** off the stems. Core, then cut the **apples** into ½-inch cubes. In a strainer, rinse the **quinoa** and drain.



4 COOK APPLES
Transfer the **pork** to a plate and cover with foil to keep warm. Using the same pan, add the **onions, apples** and **remaining thyme**. (**NOTE:** Add 1 tbsp oil to the pan, if the pan is dry!). Cook, stirring occasionally, until the **apples** are tender and caramelized, 3-4 min. (**TIP:** Make sure to scrape any brown bits off the bottom of the pan while cooking for added flavour!)



2 ROAST SPROUTS
Add **rinsed quinoa** and **cranberries** to the **boiling water**. Reduce heat to medium-low. Cook, still covered, until **quinoa** is tender and **water** has been absorbed, 12-15 min. Meanwhile, on a baking sheet, toss **Brussels sprouts** with **2 tbsp oil**. Season with **salt and pepper**. Roast in the middle of the oven, tossing halfway through, until crispy and golden, 12-15 min.



5 BRAISE PORK AND APPLES
Remove the pan from the heat and add the **vinegar, broth concentrates** and **½ cup water**. Heat the same pan over medium-low heat. Add the **cooked pork**, nestling them into the **apple mixture**. Pour over any **remaining juices** from the plate into the pan. Cover and simmer until warmed through, 2-3 min.



3 COOK PORK
Meanwhile, pat the **pork** dry with paper towels. Season with **salt and pepper** and **half the thyme**. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**. Pan-fry the **pork** until golden and cooked through, 3-4 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



6 FINISH AND SERVE
Meanwhile, fluff the **quinoa** with a fork and stir in the **Brussels sprouts**. Season with **salt and pepper**. Thinly slice the **pork**. Divide the **pork, apples mixture** and **quinoa** between plates.

WARMTH

Cozy up to the table for this filling hearty fall pork and apple dish!