



JUL
2016

Pan-Seared Pork Chops

with Apple Compote, Spinach Salad & Crispy Shallots

Apples and pork go together like peas and carrots – especially when we're talking juicy, pan-seared chops and apple-shallot compote. Crunchy sliced apple and baby spinach make a light and refreshing side dish. For extra-crispy potatoes, place your baking sheet in the oven while the oven preheats!



Prep
35 min



level 1



nut
free



dairy
free



Pork Chops



Mini Yukon Potatoes



Balsamic
Vinegar



Flour



Gala Apple



Vegetable Broth
Concentrate



Crispy Shallots



Baby Spinach

Ingredients

Pork Chops	4	4 People
Baby Spinach	1 pkg	
Gala Apple	2	
Crispy Shallots	1 pkg	
Vegetable Broth Concentrate	2	
Shallots, finely chopped	1 pkg	
Mini Yukon Potatoes	2 pkg	
Balsamic Vinegar	2 bottles	
Olive or Canola Oil*		

Nutrition per serving Calories: 637 cal | Carbs: 63 g | Fat: 27 g | Protein: 46 g | Fiber: 9 g

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

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites

Tools

Large Pan, Zester, 2 Small Bowls, Baking Sheet, Peeler, Slotted Spoon, Measuring Cups

Ruler

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1 Prep: Preheat the oven to 425°F. **Wash and dry all produce.** Cut the **potatoes** into 1/2-inch cubes, then toss on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast for 25 minutes, until tender and golden brown.

2 Peel, core, and dice half the **apple**, and thinly slice the other **apple** half.



3 Cook the pork: Season the **pork chops** with **salt** and **pepper**. Pour off and discard all but about **1 tbsp oil** from the pan and heat over medium-high. Add the **pork** and cook for 3-5 minutes per side, until golden brown and just cooked through. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Transfer to a large plate to rest for 5 minutes.

4 Make the apple compote: Add the **chopped shallot** and the **diced apple** to the pan and cook, tossing, for about 3 minutes, until softened. Reduce heat to low, then add the **broth concentrate** and **1/2 cup water** and simmer, stirring, another 3 minutes, until slightly thickened. Season with **salt** and **pepper**. Set aside.



5 Make the salad: In a medium bowl, toss the **spinach** and **sliced apple** with the **white balsamic vinegar** and a drizzle of **oil**.

6 Finish and serve: Mound the **salad** onto plates and top with the **roasted potatoes, pork chops, and apple compote**. Garnish with the **crispy shallots** and enjoy!