

## **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



dairy free



Pork Chops



Mini Yukon Potatoes



Balsamic Vinegar



Flour



Gala Apple



Vegetable Broth





Crispy Shallots

Baby Spinach

Ingredients		4 People
Pork Chops		4
Baby Spinach		1 pkg
Gala Apple		2
Crispy Shallots	1)	1 pkg
Vegetable Broth Concentrate		2
Shallots, finely chopped		1 pkg
Mini Yukon Potatoes		2 pkg
Balsamic Vinegar	2)	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.

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\*Not Included

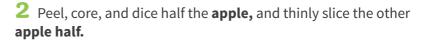
- 1) Wheat/Blé 2) Sulphites/Sulfites

## Tools

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



Prep: Preheat the oven to 425°F. Wash and dry all produce. Cut the potatoes into ½-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.





**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.

**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!