

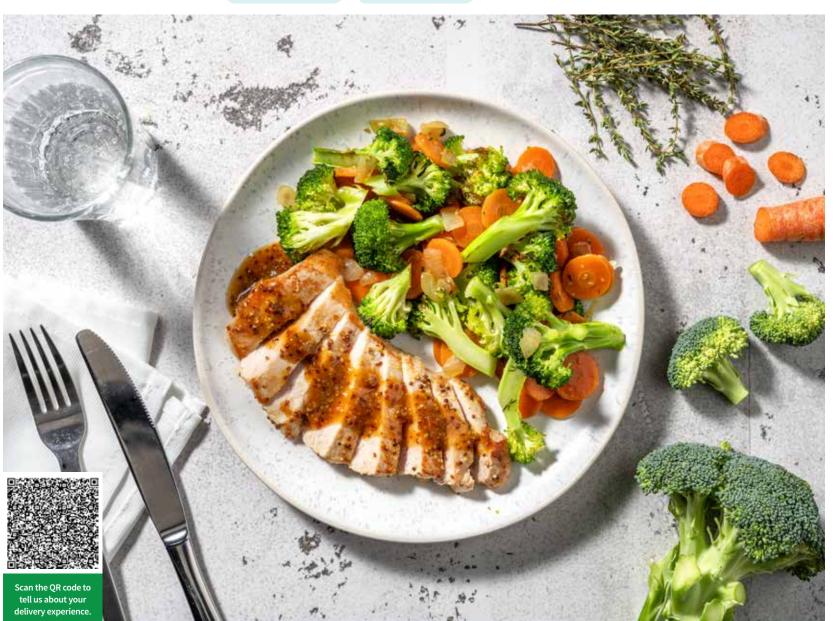
Smart Pork Chops and Apricot Sauce

with Thyme Roasted Veggie Medley

Carb Smart

Calorie Smart

30 Minutes









Carrot



Broccoli, florets

Whole Grain Mustard

Thyme





Garlic Powder

Chicken Broth Concentrate





Apricot Spread



Yellow Onion

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Carrot	170 g	340 g
Broccoli, florets	227 g	454 g
Whole Grain Mustard	½ tbsp	1 tbsp
Garlic Powder	1 tsp	2 tsp
Chicken Broth Concentrate	1	2
Apricot Spread	2 tbsp	4 tbsp
Thyme	7 g	7 g
Yellow Onion	56 g	113 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook pork to a minimum internal temperature of 71°C/160°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep and roast carrots and onions

- Peel, then cut **carrot** into 1/4-inch rounds.
- Peel, then cut **half the onion** into 1-inch pieces (whole onion for 4 ppl).
- Strip ½ **tbsp thyme leaves** (dbl for 4 ppl) from stems.
- Add carrots, onions, half the thyme, 1/4 tsp garlic powder and 1/2 tbsp oil (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **carrots** are tender, 22-24 min.



Finish prep

- Meanwhile, cut broccoli into bite-sized pieces.
- Combine broth concentrate, apricot spread, half the mustard (use all for 4 ppl), a pinch of garlic powder and 3 tbsp water (dbl both for 4 ppl) in a small bowl.



Cook pork

- Heat a large non-stick pan over mediumhigh heat.
- While the pan heats, pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the remaining garlic powder**.
- When the pan is hot, add ½ tbsp oil (dbl for 4 ppl), then pork. Pan-fry until golden,
 1-2 min per side.
- Remove the pan from heat. Transfer **pork** to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 8-10 min.**



Roast broccoli

- Meanwhile, add broccoli, remaining garlic powder and remaining thyme to a large bowl. Drizzle 2 tsp oil (dbl for 4 ppl) into the bowl. Season with salt and pepper, then toss to coat.
- When **carrots and onions** are halfway done, add **broccoli** to the baking sheet, then toss to combine.
- Roast **veggies** for the remaining time, until **broccoli** is tender-crisp, 12-14 min.



Cook apricot sauce

- When **pork** is almost done, add **apricot mixture** to the same pan (from step 3).
- Return the pan to medium. Bring **sauce** to a simmer.
- Once simmering, cook, stirring often, until sauce thickens slightly, 1-2 min. Season with salt and pepper, to taste.
- Remove the pan from heat. Add any pork juices from the baking sheet and 1 tbsp butter (dbl for 4 ppl), then stir until melted and combined.



Finish and serve

- · Thinly slice pork.
- Divide veggies and pork between plates.
- Spoon apricot sauce over pork.

Dinner Solved!