



# Maple-Glazed Pork Chops with Wild Rice and Roasted Squash, Apple and Kale Salad

Fall Faves

50 Minutes



Pork Chops, bone-in  
2 | 4



Wild Rice Medley  
½ cup | 1 cup



Chicken Broth Concentrate  
2 | 4



Gala Apple  
1 | 2



Butternut Squash, cubes  
170 g | 340 g



Pepitas  
28 g | 56 g



Sage and Thyme  
14 g | 28 g



Maple Syrup  
2 tbsp | 4 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Whole Grain Mustard  
1 tbsp | 2 tbsp



Kale, chopped  
56 g | 113 g



Red Wine Vinegar  
1 tbsp | 2 tbsp

**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.

**Pantry items** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | 2 baking sheets, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small non-stick pan, whisk

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

1



### Start rice

- Before starting, preheat the oven to 450°.
- Wash and dry all produce.
- Stir together **broth concentrate**, **wild rice medley**, **1 cup** (2 cups) **water** and  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **salt** in a medium pot.
- Bring to a boil over high heat. Once boiling, reduce heat to medium-low.
- Cover and cook until **rice** is tender and liquid is absorbed, 20-22 min. Remove the pot from heat. Set aside, still covered.

2



### Roast butternut squash

- Meanwhile, add **squash** and **1 tbsp** (2 tbsp) **oil** 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 tender and golden-brown, 18-20 min.
- Drizzle **half the maple syrup** over **squash** when finished roasting. Toss to coat.

3



### Prep and marinate apples and kale

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems.
- Strip **sage leaves** from stems. Finely chop.
- Core, then cut **apple** into  $\frac{1}{2}$ -inch pieces.
- Whisk together **mustard**, **vinegar**,  $\frac{1}{2}$  **tbsp** (1 tbsp) **maple syrup** and **1 tbsp** (2 tbsp) **oil** in a large bowl. Season with **salt** and **pepper**, then add **apples** and **kale**.
- Toss to coat. Set aside.

4



### Cook pork chops

- Pat **pork chops** dry with paper towels. Season with **thyme** and **sage**.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork chops**.
- Cook until golden-brown, 2-3 min per side. Transfer **pork chops** to unlined baking sheet.
- Drizzle **remaining maple syrup** over **pork chops**.
- Bake **pork chops** in the **top** of the oven until golden brown and cooked through, 12-14 min

5



### Toast pepitas

- Meanwhile, heat a small non-stick pan over medium-high heat.
- When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden, 3-4 min.

6



### Finish and serve

- Add **garlic spread** to the **rice**. Fluff with a fork and season with **salt** and **pepper**.
- Add **roasted squash** to the large bowl with **apples**, **kale** and **dressing**. Toss to combine.
- Divide **pork chops**, **salad** and **rice** between plates.
- Sprinkle **toasted pepitas** over **salad**.