



Apricot-Dijon Pork Chops

with Roasted Apple and Fennel Salad

Special Plus 35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Chops, bone-in



Double Bone-in Pork Chops



Yellow Potato



Fennel



Gala Apple



Arugula and Spinach Mix



Seed Blend



Goat Cheese



Apricot Spread



White Wine Vinegar



Dijon Mustard



Honey



Garlic Salt

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, colander, measuring spoons, potato masher, large bowl, parchment paper, small bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Double Bone-in Pork Chops	4	8
Yellow Potato	300 g	600 g
Fennel	1	2
Gala Apple	1	2
Arugula and Spinach Mix	113 g	226 g
Seed Blend	28 g	56 g
Goat Cheese	56 g	112 g
Apricot Spread	2 tbsp	4 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Honey	1 tbsp	2 tbsp
Garlic Salt	¾ tsp	1 ½ tsp
Milk*	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F, as size may vary.

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.



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1



Roast fennel and apples

- Core, then cut **apple** into 1-inch pieces.
- Trim **fennel stalks**, then quarter **fennel bulb**. Peel any wilted outer layers, then cut **fennel** crosswise into ¼-inch slices.
- Add **apples, fennel** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast on the **bottom** rack of the oven, tossing halfway through, until tender, 26-28 min.

2



Cook potatoes

- Meanwhile, cut **potatoes** into 1-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat.

3



Sear and roast pork

- Pat **pork** dry with paper towels. Season with **pepper** and ½ **tsp** (1 tsp) **garlic salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. (**NOTE:** Cook pork in 2 batches for 4 ppl, using 1 tbsp oil per batch.) Pan-fry until golden, 2-3 min per side.
- Remove from heat, then transfer **pork** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**
- When **pork** is done, set aside to rest on the baking sheet, 2-3 min

If you've opted for **double pork chops**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **regular portion of pork chops**. Work in batches, if necessary.

4



Mash potatoes

- Meanwhile, roughly mash **half the goat cheese, 2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy. (**NOTE:** Store remaining goat cheese in the fridge until step 6.)
- Season with **pepper** and ¼ **tsp** (½ tsp) **garlic salt**.

5



Make sauce

- Add **apricot spread, Dijon, half the honey, half the vinegar** and ¼ **cup** (½ cup) **water** to a small bowl. Season with **salt** and **pepper**, then whisk to combine.
- Reheat the same pan (from step 3) over medium-high.
- When hot, add **sauce**. Bring to a boil.
- Once boiling, reduce heat to medium. Cook, stirring occasionally, until **sauce** thickens, 1-2 min. (**NOTE:** For 4 ppl, cook sauce 1-3 min).
- Remove from heat.

6



Make salad and serve

- Add **remaining honey, remaining vinegar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **arugula and spinach mix, roasted apples, roasted fennel** and **seed blend** to the bowl with **dressing**, then toss to combine.
- Stir **any pork resting juices** from the baking sheet into **sauce**.
- Divide **pork, potatoes** and **salad** between plates.
- Spoon **sauce** over **pork**.
- Sprinkle **remaining goat cheese** over **salad**.

Dinner Solved!