



# PAN-SEARED PORK CHOPS

with Apple Compote, Sweet Potatoes and Roasted Broccolini



HELLO

APPLE SEASON

In celebration of this season's apple harvest, we're making a simple and fruity condiment

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 471



Pork Chops



Broccolini



Lemon



Rosemary



Sweet Potato



Shallot



Gala Apple



Apricot Jam

## BUST OUT

- 2 Baking Sheets
- Large Pan
- Medium Bowl
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

- Pork Chops 2 pkg
- Broccolini 2 pkg (340 g)
- Lemon 1
- Rosemary 1 pkg (10 g)
- Sweet Potato, cubed 1 pkg (680 g)
- Shallot 1
- Gala Apple 2
- Apricot Jam 2 pkg (2 tbsp)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.

## START STRONG

Preheat your oven to **400°F** (to roast the broccolini and sweet potatoes). Start prepping when your oven comes up to temperature!



**1 PREP** Wash and dry all produce.\* Cut the **broccolini** in half. Juice the **lemon**. Strip a few **rosemary leaves** off the sprig and finely chop **1 tbsp**. Finely chop the **shallot**. Core, then cut the **apples** into ½-inch cubes.



**2 ROAST SWEET POTATOES** Toss the **sweet potatoes** on another baking sheet with **half the rosemary** and a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the sweet potatoes are tender, 22-23 min.



**3 ROAST BROCCOLINI** Meanwhile, toss the **broccolini** on another baking sheet with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the broccolini just turns golden-brown, 10-12 min.



**4 MAKE COMPOTE** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **shallot, apples** and **remaining rosemary**. Cook, stirring, until the shallot and apples soften, 4-5 min. Transfer the mixture to a medium bowl. Add the **apricot jam** and **2 tbsp lemon juice**. Season with **salt and pepper**.



**5 COOK PORK** Season the **pork chops** with **salt and pepper**. Heat another drizzle of **oil** in the same pan. Add the pork to the pan and sear until golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a minimum internal temperature of 160°F.\*\*)



**6 FINISH AND SERVE** Serve the **pork chops** with the **sweet potatoes** and **broccolini**. Top the pork with the **apple compote**.

## WONDERFUL!

We find this dish so a-peel-ing!