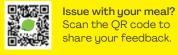


# Pineapple-Apricot Pork Chops

with Rosemary-Parmesan Potatoes and Snap Peas

Special Plus

40 Minutes





Pork Chops, bone-in





Zesty Garlic Blend



Apricot Spread



Soy Sauce



Dijon Mustard

Pineapple





Gravy Spice Blend



Sugar Snap Peas



Red Potato





Parmesan Cheese. shredded



## Start here

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

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

#### **Bust out**

Baking sheet, medium bowl, colander, measuring spoons, small pot, measuring cups, whisk, large pot, large non-stick pan, paper towels

## Ingredients

	2 Damasu	4 Dansan
	2 Person	4 Person
Pork Chops, bone-in	2	4
Chicken Breasts	2	4
Zesty Garlic Blend	1 tbsp	2 tbsp
Apricot Spread	4 tbsp	8 tbsp
Soy Sauce	½ tbsp	1 tbsp
Dijon Mustard	1 ½ tsp	1 ½ tsp
Gravy Spice Blend	1 tbsp	2 tbsp
Pineapple	95 g	190 g
Sugar Snap Peas	227 g	454 g
Dried Rosemary	½ tsp	1 tsp
Red Potato	7	14
Parmesan Cheese, shredded	¼ cup	½ cup
Unsalted Butter*	3 tbsp	5 tbsp
Oil*		

Salt and Pepper\*

- \* Pantry items
- \*\* Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## **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.





### **Boil potatoes**

- Quarter potatoes lengthwise.
- 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-high.
  Boil uncovered until just fork-tender,
  10-11 min.
- Drain **potatoes** in a colander and set aside.



#### Prep

- Meanwhile, trim snap peas.
- Cut **pineapple** into ½-inch pieces.
- Whisk together apricot spread, Dijon, soy sauce, half the Gravy Spice Blend (use all for 4 ppl) and ½ cup (¾ cup) water in a medium bowl. (NOTE: This is your apricot sauce mixture.)



#### Cook pork

- Heat a large non-stick pan over mediumhigh heat.
- Meanwhile, pat pork dry with paper towels.
  Season with 2 tsp (4 tsp) Zesty Garlic Blend.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then pork. Pan-fry until golden-brown,
  1-2 min per side. Remove from heat.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*

If you've opted to get **chicken breasts**, prepare, sear and roast them in the same way the recipe instructs you to prepare, sear and roast the **pork chops**.\*\*



#### Cook snap peas

- Meanwhile, return the same pan to medium.
- Add **1 tbsp** (1 ½ tbsp) **butter**, then swirl until melted.
- Add snap peas. Season with remaining Zesty Garlic Blend.
- Cover and cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**, to taste.
- Transfer **snap peas** to a plate, then cover to keep warm.
- Return the pan to medium-high.



## Make pineapple-apricot sauce

- While snap peas cook, heat a small pot over medium heat.
- When hot, add **1 tbsp** (1 ½ tbsp) **butter**, then **pineapple**. Cook, stirring occasionally, until warmed through, 30 sec-1 min.
- Add apricot sauce mixture. Bring to a simmer.
- Once simmering, cook, stirring occasionally, until sauce thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste. (TIP: Stir in any pork resting juices from the baking sheet for added flavour!)
- Remove from heat. Cover to keep warm.



#### Finish and serve

- Add **1 tbsp** (2 tbsp) **butter** to the hot pan (from step 4), then swirl until melted.
- Add **potatoes** and ½ **tsp** (1 tsp) **rosemary**. Season with **salt** and **pepper**. Cook, stirring occasionally, until golden-brown, 3-4 min.
- Sprinkle **Parmesan** over **potatoes**. Cook, stirring occasionally, until **Parmesan** melts, 1-2 min.
- Divide **potatoes**, **pork** and **snap peas** between plates.
- Spoon pineapple-apricot sauce over pork.

## Dinner Solved!