

# Pork Chops

*with Smashed Sweet Potato, Roasted Broccoli & Herbs*

As summer winds down, farmers start to harvest beautiful broccoli and a wide array of amazing potatoes. In this dish, we feature classic, juicy, center-cut pork chops with roasted broccoli and smashed sweet potato. Maple sugar, the reduced solid of maple syrup, not only helps us look forward to fall, but also lends a touch of sweetness to this dish.



## Ingredients

- 2 Boneless Pork Chops
- 2 Stalks Broccoli
- 1 Pound Sweet Potatoes
- 1 Small Bunch Sage
- 1 Lemon
- 2 Tablespoons Butter
- 1 Teaspoon Maple Sugar



Makes 2 Servings  
About 590 Calories Per Serving

# Instructions



1

## Prepare your ingredients:

Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Trim the ends off the broccoli stalks at an angle, then use a vegetable peeler to peel the stems. Cut the stalks in half lengthwise if thick. Peel and large dice the sweet potatoes. Pick the sage leaves off the stems.



2

## Cook the sweet potato:

Add the **sweet potatoes** to the pot of boiling water. Cook 9 to 11 minutes, or until very tender when pierced with a fork. Drain and transfer to a bowl.



3

## Roast the broccoli:

While the sweet potatoes cook, place the **broccoli** on a baking sheet. Drizzle it with olive oil and season it with salt and pepper, turning to coat. Roast in the oven about 12 to 15 minutes, or until browned and tender.



4

## Cook the pork:

Pat the **pork** dry with paper towels. Season it all over with salt and pepper. In a large pan, heat some olive oil on medium-high until hot. Add the pork to the hot pan and cook 4 to 5 minutes per side, or until no pink remains inside. Transfer to a plate to rest.



5

## Smash the sweet potato:

Add the **butter** and **maple sugar** to the bowl with the sweet potatoes. Using a fork, mash everything together until combined. Season with salt and pepper to taste.



6

## Plate your dish:

Stack then roll up the **sage leaves**. Thinly slice the rolled leaves crosswise to get thin ribbons. Divide the smashed sweet potatoes and broccoli between 2 plates. Garnish the sweet potatoes with some of the sage. Place a pork chop on each plate, drizzling any juices from resting the meat over the top. Squeeze some lemon juice over the broccoli and pork before eating. Enjoy!