

Pork Chops & Apple Mostarda

with Roasted Sweet Potato, Toasted Walnut & Blue Cheese Salad

Northern Italian cooking has paired meat with spicy-sweet “mostarda di frutta” — fruit chutney made with mustard — for millennia. Our fall-inspired mostarda features crisp, tart Granny Smith apple, cooked with equal parts Dijon mustard and brown sugar. We’re serving it over succulent, spiced pork chops, seared and lightly basted on the stove. On the side, we’re tossing roasted baby sweet potatoes with toasted walnuts and sharp, crumbled blue cheese, rounding out this delectably gourmet celebration of the season.



Ingredients

4 Boneless, Center-Cut Pork Chops
15 Ounces Baby Sweet Potatoes
1 Granny Smith Apple
1 Lemon
1 Bunch Parsley

Knick Knacks

2 Tablespoons Butter
1 Tablespoon Light Brown Sugar
1 Tablespoon Whole Grain Dijon Mustard
¼ Cup Crumbled Blue Cheese
¼ Cup Walnuts
1 Tablespoon Pork Chop Spice Blend
(Ground Fennel Seed, Ground Coriander, Ground Nutmeg & Ground Cardamom)

Makes 4 Servings

About 630 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Quarter the sweet potatoes lengthwise. Core and small dice the apple. Roughly chop the walnuts. Pick the parsley leaves off the stems; discard the stems. Quarter and deseed the lemon.

2



Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer, skin sides up. Roast 20 to 22 minutes, or until tender when pierced with a fork. Remove from the oven.

3



Make the apple mostarda:

While the sweet potatoes roast, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **apple**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **mustard, brown sugar** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the sugar has dissolved. Transfer to a bowl. Rinse and wipe out the pan.

4



Toast the walnuts:

While the sweet potatoes continue to roast, heat the pan used to make the apple mostarda on medium-high until hot. Add the **walnuts**. Toast, stirring occasionally, 2 to 4 minutes, or until lightly browned and fragrant. Transfer to a large bowl. Wipe out the pan.

5



Cook the pork chops:

While the sweet potatoes continue to roast, pat the **pork chops** dry with paper towels; season on both sides with salt, pepper and the **spice blend** (tapping off any excess). In the pan used to toast the walnuts, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork chops. Cook 3 to 4 minutes on the first side, or until browned. Flip and add the **butter**. Cook, occasionally tilting the pan and spooning the butter over the pork chops, 3 to 4 minutes, or until browned and cooked through. Remove from heat.

6



Make the salad & serve your dish:

To the bowl of **toasted walnuts**, add the **roasted sweet potatoes, cheese, parsley** and the **juice of all 4 lemon wedges**. Drizzle with olive oil and toss to thoroughly combine; season with salt and pepper to taste. Transfer to a serving dish with the **cooked pork chops**. Top the pork chops with the **apple mostarda**. Enjoy!