

Seared Pork Chops

with Sautéed Cabbage & Sweet Potato

Chefs, tonight we're highlighting a timeless trio of fall flavors: pork, cabbage and apple. When simply sautéed, our cone cabbage turns enticingly nutty and tender, forming the perfect base for our spiced pork chops. As for the apple, we're using it to make a bright compote that complements the pork's richness. Another seasonal favorite, sweet potato—roasted then tossed with creamy blue cheese—makes for a spectacular side.

Blue Apron Wine Pairings

Wyckoff Vineyard Chardonnay, 2015

Hilliard Bruce Pinot Noir, 2013



Ingredients

- 4 Boneless, Center-Cut Pork Chops
- 1 Cone Cabbage
- 1 Granny Smith Apple
- 1 Sweet Potato

Knick Knacks

- 1 Tablespoon Apple Cider Vinegar
 - 1 Tablespoon Light Brown Sugar
 - 1 Tablespoon Whole Grain Dijon Mustard
 - ¼ Cup Crumbled Blue Cheese
 - 1 Tablespoon Pork Chop Spice Blend
- (Ground Fennel Seeds, Ground Coriander, Ground Nutmeg & Ground Cardamom)

Makes: 4 servings

Prep Time: 10 minutes | **Cook Time:** 25–35 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp362

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut the sweet potato into ¼-inch-thick rounds. Core and small dice the apple. Cut out and discard the cabbage core; thinly slice the leaves.

2



Roast the sweet potato:

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

3



Make the apple compote:

While the sweet potato roasts, in a large, high-sided pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **apple** and season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **mustard, 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. Season with salt and pepper to taste. Rinse and wipe out the pan.

4



Cook the pork chops:

While the sweet potato continues 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 same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork chops and cook 3 to 5 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate. Loosely cover the cooked pork chops with aluminum foil; set aside rest for at least 5 minutes.

5



Cook the cabbage:

While the pork chops rest, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **cabbage** and season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and wilted. Add the **vinegar** and cook, stirring occasionally, 30 seconds to 1 minute, or until thoroughly combined. Season with salt and pepper to taste. Transfer to a serving dish.

6



Finish the sweet potato & serve your dish:

In a medium bowl, combine the **roasted sweet potato** and **cheese**. Drizzle with olive oil and toss to mix; season with salt and pepper to taste. Transfer the sweet potato and **cooked pork chops** to the serving dish of **cooked cabbage**. Top the pork chops with the **apple compote**. Enjoy!