

# One-Pan Pork Chops & Sautéed Cabbage

with Marinated Apple









2 SERVINGS | 25-35 MINS

 **Blue Apron**  
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In this seasonal dish, spiced pork chops are elevated by sweet grated apple in two ways: half is cooked in the pan alongside the pork and vegetables, while the other half is marinated with vinegar and fresh chives to serve on top.

## Ingredients

-  2 Boneless, Center-Cut Pork Chops
-  ½ lb Red Cabbage
-  1 Red Onion
-  1 Apple
-  1 bunch Chives
-  ⅓ cup Chicken Bone Broth
-  1 Tbsp Red Wine Vinegar
-  1 Tbsp Southern Spice Blend\*

\*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper



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### DIABETES FRIENDLY

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### CARB CONSCIOUS

600 CALORIES OR LESS

## 1 Prepare the ingredients & marinate the apple

- Wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Thinly slice the **chives**.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Place **half the grated apple** in a bowl. Add the **sliced chives** and **half the vinegar**; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



## 2 Brown the pork

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 2 to 3 minutes per side, or until browned.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 3 Cook the vegetables

- To the pan of reserved fond, add the **sliced onion**, **sliced cabbage**, and **2 tablespoons of water** (carefully, as the liquid may splatter); season with salt and pepper.
- Cook on medium-high, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until slightly softened.



## 4 Finish & serve your dish

- To the pan, add the **broth**, **remaining grated apple**, and **remaining vinegar**; stir to combine.
- Top with the **browned pork**. Loosely cover the pan with foil and cook, without stirring, 4 to 6 minutes, or until most of the liquid has cooked off.
- Remove the foil and continue to cook, without stirring, 1 to 2 minutes, or until the vegetables are softened and the pork is cooked through.\* Turn off the heat.
- Transfer the **cooked pork** to a cutting board. Let rest at least 5 minutes, then slice crosswise.
- Serve the **finished vegetables** topped with the **sliced pork** and **marinated apple**. Enjoy!



\*An instant-read thermometer should register 145°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: XXX, Total Carbohydrates: XXg, Dietary Fiber: XXg, Added Sugars: XXg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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