

Pork Chops & Maple-Sage Pan Sauce

with Roasted Brussels Sprouts & Delicata Squash

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients

 2 Boneless, Center-Cut Pork Chops

 6 oz Carrots

 1 ½ Tbsps Maple Syrup

 1 Apple

 1 bunch Sage

 1 Tbsp Dijon Mustard

 4 oz Brussels Sprouts

 1 Delicata Squash



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



9 9 9

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Prepare the ingredients & start the sauce

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**; halve lengthwise. Using a spoon, scoop out and discard the pulp and seeds, then medium dice.
- Cut off and discard the stem ends of the **brussels sprouts**; quarter lengthwise.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- Core and medium dice the **apple**.
- Pick the **sage** leaves off the stems; discard the stems and thinly slice the leaves.
- In a bowl, whisk together the **mustard, maple syrup**, and $\frac{1}{4}$ cup of **water**. Season with salt and pepper.



2 Roast the vegetables

- Place the **diced squash, quartered brussels sprouts, and carrot pieces** on a sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 18 to 20 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook the pork & apple

- Meanwhile, pat the **pork** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned pork and diced apple** in an even layer.
- Flip the pork and loosely cover the pan with foil. Cook, without stirring, 4 to 6 minutes, or until the apple is softened and the pork is cooked through.*
- Leaving the apple in the pan, transfer the **cooked pork** to a cutting board; let rest at least 5 minutes.



4 Finish the sauce & serve your dish

- While the pork rests, to the pan of **cooked apple**, add the **sauce** (carefully, as the liquid may splatter) and **sliced sage leaves**. Cook on medium-high, stirring frequently and scraping up any browned bits (or fond), 1 to 2 minutes, or until the apple is thoroughly coated.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **roasted vegetables**. Top the pork with the **finished sauce and apple**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 500, Total Carbohydrates: 51g, Dietary Fiber: 10g, Added Sugars: 10g, Total Fat: 15g, Saturated Fat: 3g, Protein: 43g, Sodium: 1020mg.

**For information about our wellness labels visit us at blueapron.com/wellness. SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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