

One-Pan Pork Chops & Sautéed Cabbage

with Marinated Apple

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Boneless, Center-Cut Pork Chops



1 Red Onion



1 Apple



1 bunch Chives



½ lb Red Cabbage



⅓ cup Chicken Bone Broth



1 Tbsp Red Wine Vinegar



1 Tbsp Southern Spice Blend¹



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



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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1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

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.



This recipe was designed for easier cleanup—no extra prep bowls needed!

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. Once rested, slice crosswise.
- Serve the **finished vegetables** topped with the **sliced pork** and **marinated apple** (discarding any liquid). Enjoy!



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