

Roasted Pork & Broccoli

*with Apple, Cheese Sauce,
& Garlic Breadcrumbs*

TIME: 40-50 minutes

SERVINGS: 2

To elevate the classic savory-sweet pairing, we're topping roasted pork with sautéed apple in this crowd-pleasing recipe. The pork and a side of broccoli, roasted on the same sheet pan, come together with a rich, warming fontina cheese sauce.



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Fruity & Savory

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Ingredients



1
PORK ROAST



2 cloves
GARLIC



$\frac{3}{4}$ cup
LOW-FAT MILK



1
APPLE



$\frac{1}{2}$ lb
BROCCOLI

KNICK KNACKS:



2 Tbsps
ALL-PURPOSE
FLOUR



2 oz
FONTINA CHEESE



1 Tbsp
APPLE CIDER
VINEGAR



3 Tbsps
PANKO
BREADCRUMBS



1 Tbsp
SOUTHERN SPICE
BLEND*

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



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1 Roast the pork & broccoli:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Line a sheet pan with aluminum foil.
- ☐ Wash and dry the fresh produce.
- ☐ Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into large pieces, keeping the florets intact. Place on the sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer on one side of the sheet pan.
- ☐ Pat the **pork** dry with paper towels; season on all sides with salt, pepper, and the **spice blend**. Place on the other side of the sheet pan. Drizzle with olive oil; turn to coat.
- ☐ Roast, rotating the sheet pan halfway through, 26 to 28 minutes, or until the broccoli is browned and the pork is cooked through. (An instant-read thermometer inserted into the pork should register 145°F.) Remove from the oven. Transfer the roasted pork to a cutting board and let rest for at least 5 minutes.

2 Prepare the ingredients:

- ☐ While the pork and broccoli roast, peel and finely chop the **garlic**; using the side of your knife, smash until it resembles a paste (or use a zester).
- ☐ Core and medium dice the **apple**.
- ☐ Small dice the **cheese**.

3 Make the garlic breadcrumbs:

- ☐ While the pork and broccoli continue to roast, in a medium pan, heat a drizzle of olive oil on medium-high until hot. Add the **breadcrumbs** and **half the garlic paste**. Cook, stirring constantly, 2 to 3 minutes, or until golden brown. Transfer to a plate; immediately season with salt and pepper. Wipe out the pan.

4 Cook the apple:

- ☐ While the pork and broccoli continue to roast, in the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **diced apple**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until slightly softened.
- ☐ Add the **vinegar** and cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Transfer to a bowl; season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.

5 Make the cheese sauce:

- ☐ While the pork rests, in the same pan, heat 1 1/2 tablespoons of olive oil on medium-high until hot. Add the **flour** and **remaining garlic paste**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until lightly browned and fragrant.
- ☐ Add the **milk** and 1/2 **cup of water**; season with salt and pepper. Cook, whisking frequently, 2 to 3 minutes, or until thickened.
- ☐ Add the **diced cheese**; season with salt and pepper. Cook, whisking constantly, 1 to 2 minutes, or until the cheese has melted. Turn off the heat and season with salt and pepper to taste.

6 Slice the pork & serve your dish:

- ☐ Find the lines of muscle (or grain) on the **rested pork**; thinly slice crosswise against the grain. Serve the sliced pork with the **roasted broccoli** and **cheese sauce**. Top the pork with the **cooked apple** and **garlic breadcrumbs**. Enjoy!

