

One-Pan Pork Chops

with Braised Cabbage & Apple

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients

 2 Boneless, Center-Cut Pork Chops

 1 Yellow or Red Onion

 2 ½ Tbsps Chicken Demi-Glaze

 1 Tbsp Southern Spice Blend²

 ½ lb Red Cabbage

 1 bunch Chives

 1 Tbsp Apple Cider Vinegar

 1 Apple

 ½ cup Tzatziki¹

 1 ½ tps Brown & Yellow Mustard Seeds



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



7-9 PersonalPoints[™]
range per serving

Now your Points value is personalized to YOU! It could be between 7-9 Points. Scan the barcode to see yours!



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

To learn more about the (NEW!) WW PersonalPoints[™] program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. cucumber-yogurt sauce 2. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

Learn more at blueapron.com/pages/wellness

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- 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.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Thinly slice the **chives**.



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

2 Brown the pork

- 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 a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 2 to 3 minutes per side, or until lightly 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 **mustard seeds**. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until toasted (be careful, as the mustard seeds may pop as they toast).
- Add the **sliced onion** and **sliced cabbage**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.



4 Finish & serve your dish

- Add the **grated apple**, **demi-glace**, **vinegar**, and $\frac{1}{3}$ **cup of water** to the pan. 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 cook, without stirring, 1 to 2 minutes for medium (the center may still be slightly pink), or until the pork is cooked to your desired degree of doneness* and the vegetables are softened. Turn off the heat.
- Transfer the **cooked pork** to a cutting board and let rest at least 5 minutes.
- Taste the vegetables, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** over the **finished vegetables and apple**. Top the pork with the **tzatziki** and **sliced chives**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for pork.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

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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