



NUTRITION per serving 35g carbohydrates 40g fat 44g protein 268mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free



Calories
620



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 1 Yellow Onion
- 1 Granny Smith Apple
- 8 oz. Green Beans
- 3 Parsley Sprigs
- 2 Bone-in Pork Chops
- ½ oz. Sliced Almonds
- ½ oz. Light Brown Sugar
- ½ tsp. Ground Cinnamon
- 1 fl. oz. Apple Cider Vinegar
- ½ oz. Dried Cranberries

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Medium Pot
- Colander
- Medium Non-Stick Pan

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HOME CHEF

Caramelized Apple Chutney Pork Chop

with green beans almondine

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring a **medium** pot of **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Parsley is used twice. Half goes in **chutney** and remaining garnishes dish.

FROM THE CHEF

Bone-in pork chops have a tendency to curl or “cup” when pan-seared. To prevent this, use a sharp knife to slice very shallow cuts spaced 2” apart into the outer edge of fat on pork chops before cooking.

Did you know...

Serving chutneys as an accompaniment originates in India, and the term encompasses a wide variety of versions. Our version puts a twist on a traditional sweet-vinegary relish by incorporating apples and dried cranberries.



1

Prepare the Ingredients

Halve and peel **onion**. Cut halves into ¼” dice. Core **apple** and cut into ½” dice. Trim ends off **green beans**. Stem and coarsely chop **parsley**. Rinse **pork chops**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

Toast the Almonds

Heat a medium non-stick pan over medium heat. Add **almonds** to pan and carefully toast 3-4 minutes, or until aromatic and beginning to turn brown.



3

Cook the Green Beans

Add **green beans** to pot of boiling water and cook 5-6 minutes, or until bright green and fork tender. Drain in colander and return green beans to pot. Add 2 tsp. **olive oil** and toasted **almonds**. Cook on low 1-2 minutes, or until green beans are coated in oil and warm throughout. Season with a pinch of **salt and pepper**. Remove from burner, cover, and set aside.



4

Prepare the Chutney

Place pan from cooking almonds over medium heat with 2 tsp. **olive oil**. Add ½ cup **onion** and **apples** and cook 3-4 minutes, or until apples begin to brown. Add **brown sugar** and **cinnamon**. Cook 2-3 minutes, or until brown sugar starts to caramelize on apples. Add **apple cider vinegar**, half the **parsley** (reserve remaining for garnish), and **cranberries**. Cook 1-2 more minutes, or until vinegar is absorbed. Season with a pinch of **salt**. Remove to a plate and wipe pan clean. *You'll likely have leftover onion that can be saved for another use!*



5

Cook the Pork Chops

Return pan used for chutney and 2 tsp. **olive oil** to medium-high heat. Add **pork chops** to hot pan and cook 4-5 minutes per side, or until golden brown and chops reach a minimum internal temperature of 145 degrees. Remove from pan and let chops rest 5 minutes before serving.



6

Plate the Dish

Serve **green beans** on side of plate. Lay **pork chop** against green beans. Spoon **caramelized apple chutney** around pork chop and garnish with remaining **parsley**.