



NUTRITION *per serving* 29g carbohydrates 30g fat 54g protein 377mg sodium | low-calorie, low-carb, gluten-free, dairy-free, nut-free



Calories
610



Prep & Cook Time
25-35 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

8 oz. Green Beans
1 Granny Smith Apple
2 Bone-in Pork Chops
3 Tbsp. Apple Cider Vinegar
2 tsp. Sugar
8 oz. Slaw Mix
1.875 oz. Mayonnaise
1 tsp. Dijon Mustard
½ tsp. Cracked Black Pepper

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Mixing Bowl
Grill Pan or Outdoor Grill
Small Bowl
Medium Pan

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HOME CHEF

STAFF PICK

Bone-In Pork Chop with Alabama-Style BBQ Sauce

with Granny Smith apple slaw and green beans

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

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!** Apple cider vinegar is used twice in this recipe. 2 Tbsp. helps form dressing for **slaw** and the remaining goes in the **BBQ sauce**.
- Be sure to use **cracked black pepper** to taste when making **white BBQ sauce**.

FROM THE CHEF

Impress your diners (and yourself) by getting pro-looking crosshatch marks on grilled meats. Imagine your grill is a clock and place meat on grill so tip points at 10 o'clock. After 2-3 minutes, rotate so tip points at 2, and cook another 2-3 minutes. Repeat on second side. This enhances presentation, allows meat to cook evenly, and gets great char flavor.

You could do as some restaurants in northern Alabama (whence this sauce comes) and brush white BBQ sauce onto pork just before removing from grill.

Did you know...

This creamy, tangy sauce is not only delicious on pork chops, but a great accompaniment to chicken, beef, and seafood.



1

Prepare the Ingredients

Trim ends off **green beans**. Core **apple** and cut into ¼” slices. Stack slices and cut into matchsticks (julienne). Rinse **pork chops**, pat dry, and season with a ¼ tsp. of **salt** and a pinch of **pepper**.



2

Make the Slaw

Whisk together 2 Tbsp. **apple cider vinegar**, **sugar**, and 2 Tbsp. **olive oil** in a mixing bowl. Add **slaw mix**, **apple**, and season with a ¼ tsp. **salt** and a pinch of **pepper**. Toss to coat and set aside.



3

Cook the Pork Chops

Heat a grill pan or outdoor grill over medium-high heat. Spray hot grill with **cooking spray**. Drizzle **pork chops** with 1 tsp. **olive oil** and grill 4-5 minutes per side, or until pork reaches a minimum internal temperature of 145 degrees. Set aside to rest for 5 minutes.



4

Make the White BBQ Sauce

While pork chops grill, mix together **mayonnaise**, remaining **apple cider vinegar**, **Dijon mustard**, **cracked black pepper** (to taste), and 2 Tbsp. **water** in a small bowl. Set aside. *Sauce should be the consistency of a thick salad dressing.* If desired, add 1 tsp. **water** at a time to thin consistency.



5

Cook the Green Beans

Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **green beans** and cook 3-4 minutes, or until lightly charred and tender. Season with a ¼ tsp. **salt** and a pinch of **pepper**.



6

Plate the Dish

Place a serving of **slaw** and **green beans** on a plate. Pool **white BBQ sauce** in front and serve **pork chop** in sauce.