



NUTRITION *per serving* 32g carbohydrates 13g fat 40g protein 963mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free



Calories
407



Prep & Cook Time
20-30 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 1 Granny Smith Apple
- 4 Thyme Sprigs
- 2 Bone-in Pork Chops
- 10 oz. Butternut Squash, Cubed
- ½ tsp. Ground Cinnamon
- ½ oz. Light Brown Sugar
- ½ oz. Pecan Halves
- ¼ tsp. Red Pepper Flakes

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan

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HOME CHEF

Spicy Caramel Apple Pork Chops

with thyme-roasted butternut squash

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

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! Thyme** is used twice. Most is cooked with **butternut squash**, and four **thyme tops** garnish dish.
- **Heads Up! Cinnamon** is used twice. Half is added to **sauce** at first and remaining can be added to sauce later, depending on taste preferences.
- **Heads Up! Pecans** are used twice. Half are added to **sauce** and remaining garnish dish.
- **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

FROM THE CHEF

Feel free to omit red pepper flakes for a sweeter experience.

Did you know...

Ever wonder who *Granny Smith* was and why there's an apple named for her? Maria Ann Smith was a Briton who emigrated to Australia in 1868, where she and her husband purchased an apple orchard. Their move bore fruit (literally), and they are credited with popularizing this variety, which probably began as an accidental hybrid. She had a large family and was given the nickname "Granny Smith" in her later years.



Prepare the Ingredients

Peel and core **apple**. Slice into ¼" pieces. Stem **thyme** (reserve four tops for garnish). Rinse **pork chops**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Start the Sauce

Return pan used to sear pork to medium heat. Add 1 tsp. **olive oil** and **apples** to hot pan. Sprinkle with **half the cinnamon** and toss to coat. Cook 3-4 minutes, or until apples begin to soften.



Roast the Squash

Place **butternut squash** and **thyme leaves** on one side of prepared baking sheet. Drizzle with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Toss to coat and spread into a single layer. Roast 10 minutes (squash will finish cooking later).



Finish the Caramel Apple Sauce

Add **brown sugar**, **half the pecans** (reserve remaining for garnish), ⅓ cup **water**, and **red pepper flakes** (to taste) to pan with apples. Stir to combine and bring to a simmer. Simmer 2-3 minutes, or until sauce is reduced to a light glaze consistency. Season with ¼ tsp. **salt**. Taste, and add remaining **cinnamon**, if desired.



Cook the Pork Chops

While butternut squash roasts, place a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan. Cook 4-5 minutes on one side, or until well-browned. After squash roasts 10 minutes, transfer chops to baking sheet, seared-side down, and return to oven. Roast 5-6 minutes, or until squash is tender and pork chops reach a minimum internal temperature of 145 degrees. Reserve pan for making sauce (no need to wipe clean).



Plate the Dish

Place roasted **butternut squash** on a plate. Spoon **caramel apple sauce** in front of squash and serve **pork chop** on top. Garnish with reserved **thyme tops** and remaining **pecans**.