



**NUTRITION** per serving 63g carbohydrates 34g fat 55g protein 1234mg sodium | soy-free, shellfish-free, nut-free



Calories  
**804**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**6 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

- 1 Granny Smith Apple
- 2 Celery Stalks
- 6 oz. Green Beans
- .9 oz. Butter
- 6 tsp. Chicken Base
- 2 Bone-in Pork Chops
- 3 1/2 oz. Seasoned Croutons
- 2 tsp. Cinnamon Sugar
- 1 1/2 tsp. Cornstarch

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Measuring Cup
- Medium Oven-Safe Pan
- Medium Non-Stick Pan

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**HOME CHEF**

## Cinnamon-Sugar Pork Chop

with Granny Smith stuffing 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!
- Preheat oven to **425 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!** Chicken broth is used twice. 1 cup is used in **stuffing** and remaining in **sauce**.

## FROM THE CHEF

Use a sharp knife to slice very shallow cuts spaced 2" apart into the outer edge of fat on pork chops. Season with a pinch of salt and pepper. These shallow slashes will keep the pork chop flat and prevent "cupping", or curling up on itself, which prevents you from getting an even sear.

### Did you know...

Cinnamon has a long history of being highly prized. In some ancient cultures, it was a gift to monarchs and gods; cinnamon was given to the temple of Apollo at Miletus. In Middle Kingdom China, cinnamon was thought to confer immortality and pieces of cinnamon, carried on a person, were thought to halt disease.



1

### Prepare the Ingredients

Core **apple** and cut into ¼" dice. Trim ends off **celery** and cut into ¼" dice. Trim ends off **green beans**. Cut **butter** into ¼" dice. Combine 1 ½ cups **water** and **chicken base** in a measuring cup. Rinse **pork chops**, pat dry, and season both sides with a pinch of **salt and pepper**.



2

### Begin the Stuffing

Place a medium oven-safe pan over medium-high heat. Add 2 tsp. **olive oil**, **apples**, **celery**, ¼ tsp. **salt** and a pinch of **pepper** to hot pan. Cook, stirring occasionally, until browned, 5-7 minutes.



3

### Bake Stuffing and Start Green Beans

Stir 1 cup **chicken broth** (reserve remaining for sauce) into **stuffing**. Raise heat to high, bring to a boil, and stir in **croutons** until moist. Dot top with **butter**, place pan in oven, and bake until golden brown on top, 18-20 minutes. While stuffing bakes, place **green beans** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Spread into a single layer on one side of baking sheet and bake until tender and beginning to brown, 6-8 minutes. While green beans bake, sear chops.



4

### Cook Pork Chops and Green Beans

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **pork chops** to hot pan and cook until well-browned, 3-4 minutes. Flip chops and sprinkle with **half the cinnamon sugar**. Flip again and cook until sugar caramelizes, 30 seconds. Transfer to open side of baking sheet, sugared side up. Sprinkle with remaining cinnamon sugar and roast until chops reach a minimum internal temperature of 145 degrees and **beans** are crisp tender, 8-10 minutes. Reserve pan; no need to wipe clean.



5

### Make the Sauce

Return pan used to sear chops to high heat. Mix **cornstarch** into remaining **chicken broth** and add to hot pan. Bring to a boil. Once boiling, reduce heat to low and cook until thickened, 1-2 minutes. If sauce is too thick, loosen with **water** 1 Tbsp. at a time until it reaches desired thickness.



6

### Plate the Dish

Arrange **pork chops**, **stuffing**, and **green beans** on a plate and pour **sauce** over chops.