



#### In your box

12 oz. Broccoli Florets  
2 Garlic Cloves  
1 Gala Apple  
¼ oz. Parsley  
2 Boneless Pork Chops  
3 Tbsp. Grainy Mustard  
½ oz. Light Brown Sugar



## Pork Chop with Chunky Apple Relish and broccoli moutarde

NUTRITION per serving—Calories: 510, Carbohydrates: 32g, Fat: 26, Protein: 30g, Sodium: 1638mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**25-35 min.**

Cook Within  
**6 days**

Difficulty Level ● ○ ○ ○  
**Easy**

Spice Level ○ ○ ○ ○  
**Not Spicy**

## 🕒 You will need

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

## 👩🍳 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 **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray



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### Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **garlic**.
- Quarter **apple** and remove core. Cut into ½" dice.
- Stem and mince **parsley**.
- Pat **pork chops** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Prepare the Broccoli

- Toss **broccoli**, **mustard**, **garlic**, 1 Tbsp. **olive oil**, and a pinch of **pepper** in a mixing bowl.
- Spread into a single layer on one half of prepared baking sheet.



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### Cook the Pork and Broccoli

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place **pork chops** in hot pan and cook undisturbed until golden brown, 2-3 minutes.
- Transfer pork chops, seared side up, to empty half of baking sheet.
- Roast until **broccoli** is tender and pork chops reach a minimum internal temperature of 145 degrees, 6-8 minutes.
- Reserve pan and wipe clean.
- While pork chops roast, make relish.



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### Make the Relish

- Return pan used to sear pork to medium heat. Add 1 tsp. **olive oil** and **apples** to hot pan. Cook until starting to soften, 1-2 minutes.
- Stir in **brown sugar** and 1 Tbsp. **water**, and stir occasionally until apples are glazed, 2-3 minutes.
- Remove from burner. Season with **parsley**, ¼ tsp. **salt**, and a pinch of **pepper**.



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### Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!