



#### In your box

- 12 oz. Brussels Sprouts
- 4 fl. oz. Apple Cider
- ½ oz. Honey
- 1 ½ tsp. Cornstarch
- 2 Boneless Pork Chops
- 1 oz. Sliced Almonds

CONTAINS tree nuts (almonds)



## Apple Cider Pork Chop

with Brussels sprouts

NUTRITION per serving—Calories: 534, Carbohydrates: 32g, Fat: 33g, Protein: 31g, Sodium: 988mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 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



1

### Prepare the Ingredients

- Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Make slurry by combining **apple cider, honey, and cornstarch** in a mixing bowl until cornstarch is dissolved.
- Pat **pork chops** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Roast the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Massage oil into Brussels, then spread into a single layer. Roast until slightly charred and tender, 18-24 minutes.
- While Brussels sprouts roast, cook chops.



3

### Toast the Almonds

- Place a medium non-stick pan over medium heat. Add **sliced almonds** to hot, dry pan and stir often until golden brown and fragrant, 1-3 minutes.
- Remove almonds to a plate.
- Reserve pan; no need to wipe clean.



4

### Cook the Pork Chops

- Return pan used to toast almonds to medium heat and add 2 tsp. **olive oil**.
- Place **pork chops** in hot pan and cook until chops reach a minimum internal temperature of 160 degrees, 4-6 minutes per side.
- Remove chops to a plate.
- Reserve pan; no need to wipe clean.



5

### Make the Sauce

- Return pan used to sear chops to medium-high heat.
- Stir **slurry** to reincorporate **cornstarch**. Add slurry to pan and bring to a boil. Once boiling, remove from burner.
- Plate dish as pictured on front of card. Bon appétit!