



In your box

- 2 Bone-in Pork Chops
- 1 Fuji Apple
- 2 Garlic Cloves
- 8 oz. Brussels Sprouts
- 1 ½ tsp. Pot Roast Seasoning
- .6 oz. Butter
- ½ oz. Grated Parmesan
- 2 tsp. Grainy Mustard
- 2 Green Onions



Bone-in Pork Chop with Grainy Mustard Butter

with apples and Brussels sprouts

NUTRITION per serving—Calories: 623, Carbohydrates: 21g, Fat: 37g, Protein: 46g, Sodium: 998mg.
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

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!

- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **green onions**



1

Prepare the Ingredients

- Quarter **apple** and remove core. Cut into ½” dice.
- Trim stems off **Brussels sprouts** and slice thinly.
- Thinly slice **green onions** on an angle. Measure out 2 tsp. green onions and coarsely mince.
- Mince **garlic**.
- Pat **pork chops** dry, and season both sides with **pot roast seasoning**, ¼ tsp. **salt**, and a pinch of **pepper**.



2

Make the Grainy Mustard Butter

- Combine softened **butter**, **mustard**, and minced **green onion** in a mixing bowl. Set aside.



3

Cook the Pork Chops

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **pork chops** to hot pan. Cook until pork chops are golden brown and reach a minimum internal temperature of 145 degrees, 5-7 minutes per side.
- Remove pork chops to plate, tent with foil, and rest at least 5 minutes.
- Reserve pan; no need to wipe clean.



4

Cook the Vegetables

- Return pan used to cook pork chops to medium-high heat.
- Add 1 tsp. **olive oil**. Add **apples**, **Brussels sprouts**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until lightly charred, 3-4 minutes.
- Add remaining **green onions** and **garlic** and stir to combine. Stir until tender, 1-2 minutes.



5

Finish the Dish

- Plate the dish as pictured on front of card, garnishing **vegetables** with **Parmesan** and **pork chops** with **grainy mustard butter**. Bon appétit!