

Pork Chops and Apples



Recipe

Season both sides of pork chops with kosher salt and black pepper. Add 1 Tablespoon olive oil to large heavy bottomed pan (or skillet), and heat over MED-HIGH heat. Add pork chops to pan, leaving at least an inch between the chops to ensure even cooking and browning. Sear 3-5 minutes per side, or until pork chops are mostly done. Chops will continue cooking in the sauce later.

Remove pork chops to a plate.

In a small mixing bowl, whisk together chicken stock and mustard, set aside. Add remaining 1 Tablespoon oil to the pan, then add apples and onions. Cook 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, and thyme. Stir to combine.

Pour in stock mixture, using a wooden spoon to gently scrape the bottom of the pan to release any brown bits (those are full of great flavor).

Slide pork chops back into the pan, nestling them down in between the apples.

Cook 2-3 minutes, until pork chops are finished cooking and liquid has reduced by half.

Ingredients With Measurements

- 2 Tablespoon olive oil divided
- 3-4 oz bone-in pork chops
- 1 teaspoon salt
- $\frac{3}{4}$ cup low sodium chicken stock
- 1 teaspoon Dijon mustard
- 1 Tablespoon fresh sage chopped
- 1 $\frac{1}{2}$ teaspoon fresh rosemary chopped
- $\frac{1}{2}$ teaspoon fresh thyme chopped
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon black pepper
- 2 medium apples thinly sliced
- 1 small red onion thinly sliced

Ingredients Without Measurements

Olive Oil	Bone-In Pork Chop	Salt
Pepper	Low Sodium Chicken Stock	Dijon Mustard
Fresh Sage	Fresh Rosemary	Fresh Thyme
Apples	Red Onion	