

Pan-Seared Pork Chops with Sautéed Apples & Roasted Green Beans



35 minutes | 2 servings

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Grab ingredients

½ small pkg	fresh thyme
1	Gala apple
¾ lb	green beans
2	pork chops, boneless
	black pepper
	extra virgin olive oil
	salt
	virgin coconut oil

Cook & enjoy

- 1 Preheat the oven to 400°F and position the rack in the centre.
- 2 Wash and dry the fresh produce.
¾ lb green beans
1 Gala apple
½ pkg fresh thyme
- 3 Trim and discard the ends of the green beans; transfer the beans to a baking sheet pan.
- 4 Drizzle the green beans with olive oil and season with salt and pepper; toss to coat, then spread them out in a single layer.
1 tbsp extra virgin olive oil
¼ tsp salt
¼ tsp black pepper
- 5 Place the beans in the oven and roasted while you prepare the pork chops, 5 to 7 minutes.
- 6 Preheat a skillet over medium-high heat.
- 7 One by one, holding a sprig of thyme at its top, run you fingers down it to remove the leaves. Discard the sprigs and chop the leaves. Transfer the thyme to a small bowl.
- 8 In a small bowl, combine and mix together salt, pepper, and ½ of the thyme (save the rest for the apples).
½ tsp salt
½ tsp black pepper
- 9 Place the pork chops on a plate and rub both sides with the spice mixture.
2 pork chops, boneless
- 10 Once the skillet is heated, add coconut oil and swirl to coat the bottom.
1 tbsp virgin coconut oil
- 11 Place the pork chops in the skillet and sear until they are golden brown, 2 to 3 minutes per side.

- 12 While the pork chops cook, remove the green beans from the oven and make room for the pork chops in the middle. Once the chops are seared, transfer them to the baking sheet and remove the skillet from the heat.
- 13 Return the baking sheet to the oven; cook until the pork chops are cooked through (test using a thermometer or cut into a chop with a knife) and the green beans are tender-crisp, 6 to 10 minutes.
- 14 Quarter the apple lengthwise, then cut out the core and stem from each section; cut each quarter lengthwise into 4 thin wedges.
- 15 Return the skillet to the stove over medium heat.
- 16 Add coconut oil, apples, and the remaining thyme to the skillet; season with salt and pepper. Cook the apples, stirring occasionally, until they are tender and lightly browned, 4 to 6 minutes.
 - 1 tbsp virgin coconut oil
 - ¼ tsp salt
 - ¼ tsp black pepper
- 17 To serve, place the pork chops and green beans on a plate and spoon the sautéed apples on top of the pork. Enjoy!