

# Pan-Fried Pork Chops with Maple-Roasted Acorn Squash



30 minutes | 2 servings

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## Grab ingredients

1	acorn squash
2	pork chops, bone-in
	black pepper
	extra virgin olive oil
	pure maple syrup
	salt
	virgin coconut oil

## Cook & enjoy

- 1 Preheat the oven to 450°F and place the rack in the center position. Place a baking sheet in the oven to warm up.
- 2 Wash and halve the squash lengthwise; trim off the ends, then scoop out the seeds and cut the halves crosswise into ¼-inch-thick slices. Remove the baking sheet from the oven and transfer the squash to it.  
1 acorn squash
- 3 Drizzle the squash with olive oil and maple syrup and season with salt and pepper; toss to coat, then arrange in a single layer.  
1 tbsp extra virgin olive oil  
2 tbsp pure maple syrup  
½ tsp salt  
¼ tsp black pepper
- 4 Place the squash in the oven and bake until it is tender, 18 to 20 minutes.
- 5 Preheat a skillet over medium-high heat.
- 6 While the skillet heats up, pat dry the pork chops with paper towels and place on a plate; season generously with salt and pepper on both sides.  
2 pork chops, bone-in  
½ tsp salt  
¼ tsp black pepper
- 7 Once the skillet is hot, add coconut oil and swirl to coat the bottom.  
1 tbsp virgin coconut oil
- 8 Place the pork chops in the skillet and sear until they develop a nice crust, 1 to 2 minutes per side. Then, reduce the heat to medium and cook the chops, flipping occasionally, until they are cooked through (test using a thermometer or cut into a chop with a knife), another 4 to 6 minutes.
- 9 To serve, arrange the squash slices and pork chop on a plate. Enjoy!