



Broiled Pork Chops with Sautéed Red Cabbage

30 minutes | 2 servings

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Grab ingredients

1	Gala apple
2	pork chops, bone-in
½ small head	red cabbage
½ medium	red onion
	apple cider vinegar
	black pepper
	chili powder
	salt
	virgin coconut oil

Cook & enjoy

- 1 Heat oven on broiler setting and position rack about 6 inches from the top.
- 2 Place pork chops on a broiler pan (or baking dish if you don't have a broiler pan) and season both sides with chili powder, salt, and pepper.
2 pork chops, bone-in
½ tsp chili powder
¼ tsp salt
¼ tsp black pepper
- 3 Place dish in the oven and broil, flipping halfway through cooking time, until chops are cooked through and browned at the edges, 10-12 minutes.
- 4 Wash, core, and cut apple into thin bite-sized pieces. Transfer to a large bowl.
1 Gala apple
- 5 Wash cabbage, halve, and cut off core. Thinly slice crosswise into shreds and add to bowl with apple.
½ small head red cabbage
- 6 Heat a large skillet over medium-high heat.
- 7 Peel and thinly slice onion into half rings.
½ medium red onion
- 8 Coat bottom of skillet with oil. Add onion and cook, stirring frequently, until softened, 3-4 minutes.
1 tbsp virgin coconut oil
- 9 Add cabbage, apple, water, vinegar, salt, and pepper to skillet; stir to combine. Cook, stirring occasionally, until cabbage is tender-crisp, 6-8 minutes.
2 tbsp water
2 tbsp apple cider vinegar
¼ tsp salt
⅛ tsp black pepper
- 10 Serve pork chops with cabbage on the side. Enjoy!