



MAPLE-GLAZED PORK CHOPS

with Garlic-Butter Corn and Kale Slaw

PRONTO



HELLO

GARLIC-BUTTER CORN

Corn gets a tasty upgrade with our homemade garlic butter

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 689



Pork Chops, boneless



Maple Syrup



Corn Kernels



Parsley



Kale, chopped



Red Cabbage, shredded



Dijon Mustard



Red Wine Vinegar



Mayonnaise



Garlic

BUST OUT

- Measuring Cups
- Large Non-Stick Pan
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Garlic Press
- Butter 2 (3 tbsp | 6 tbsp)
- Medium Bowl
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- 3 Small Bowls
- Whisk

INGREDIENTS

2-person | 4-person

- Pork Chops, boneless 340 g | 680 g
- Maple Syrup 1 tbsp | 2 tbsp
- Corn Kernels 113 g | 227 g
- Parsley 10 g | 20 g
- Kale, chopped 113 g | 227 g
- Red Cabbage, shredded 113 g | 227 g
- Dijon Mustard 6,9 1 ¼ tsp | 2 ½ tsp
- Red Wine Vinegar 9 2 tbsp | 4 tbsp
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- Garlic 10 g | 20 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Remove the **butter** from the fridge and let it soften at room temperature.



1 PREP

Wash and dry all produce.*

Roughly chop **parsley**. Mince or grate **garlic**. In a medium bowl, add **kale** and **1 tbsp oil** (dbl for 4 ppl). Season with **salt**. Using your hands, massage oil into kale until leaves have slightly darkened in colour, 1-2 min. Set aside. Pat the **pork** dry with paper towels, then season with **salt and pepper**.



4 WARM CORN

When the **pork** is done, transfer to a plate and cover to keep warm. Set aside. Add the **corn kernels** and **half the garlic-butter** to the same pan. Cook, stirring together, until the butter melts and the corn warms through, 2-3 min. Transfer to another small bowl and set aside.



2 MAKE SLAW

Meanwhile, in a small bowl, whisk together the **mayo**, **1 tbsp vinegar** (dbl for 4 ppl), **¼ tsp mustard** (dbl for 4 ppl), **1 tsp sugar** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). In the medium bowl with the **kale**, add the **cabbage**, **half the parsley** and the **creamy-vinaigrette** from the small bowl. Toss together. Set aside.



5 MAKE GLAZE

Add the **remaining vinegar**, **remaining mustard**, **1 tbsp maple syrup** (dbl for 4 ppl) and **¼ cup water** (dbl for 4 ppl) to the same pan. Cook, whisking together, until the glaze thickens slightly, 1-2 min.



3 COOK PORK

Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **pork**. Pan-fry until the pork is golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**) Meanwhile, in another small bowl, stir together the **garlic** and **3 tbsp room temp. butter** (dbl for 4 ppl). Set aside.



6 FINISH AND SERVE

Remove pan from heat, then whisk in the **remaining garlic-butter**. Whisk together until the butter melts, 1 min. Divide **slaw**, **pork** and **corn** between plates. Sprinkle over the **remaining parsley**. Spoon **glaze** over pork.

MAKE IT AGAIN!

Make the garlic-butter all summer long for all your grilled corn on the cobs!