



SWEET APPLE PORK CHOPS

with Cauliflower Mash and Snap Peas

PREP: 5 MIN
TOTAL: 45 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



HELLO

CAULIFLOWER MASH

A tasty way to sneak veggies into potatoes

INGREDIENTS:

- Yukon Gold Potatoes
- Cauliflower Florets
- Sugar Snap Peas
- Pork Chops
- Dried Thyme
- Gala Apples
- Chicken Stock Concentrates

FOR 4 PEOPLE:

- 24 oz
- 10 oz
- 12 oz
- 24 oz
- 1 tsp
- 2
- 2

NUTRITION PER SERVING

640 cal | Fat: 29 g | Sat. Fat: 13 g | Protein: 45 g | Carbs: 50 g | Sugar: 16 g | Sodium: 311 mg | Fiber: 10 g

START STRONG

Make sure to remove the core before chopping apples—you can use a spoon or melon baller to scoop out the fruit's seedy center.



BUST OUT

- Large pot
- Large pan
- Potato masher
- Baking sheet
- Oil (4 tsp)
- Strainer
- Butter (4 TBSP)
(Contains: Milk)



1 BOIL POTATOES AND CAULIFLOWER

Wash and dry all produce.

Preheat oven to 400 degrees. Chop **potatoes** into 1-inch cubes. Place **potatoes** and **cauliflower** in a large pot of **salted water**. Bring to a boil and cook until very tender, 12-15 minutes. Drain and return to same pot.

2 TRIM AND ROAST SNAP PEAS

Meanwhile, trim **snap peas**, then place on a baking sheet and toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast until just starting to soften, about 10 minutes.

3 SEAR AND ROAST PORK

While **snap peas** roast, heat a large drizzle of **oil** in a large pan over medium-high heat. Season **pork** all over with **salt, pepper, and thyme**. Add to pan and sear until browned, 3-4 minutes per side. Transfer to baking sheet with **snap peas** and roast together until pork is cooked through and snap peas are tender, 5-7 minutes.



4 MAKE APPLE PAN SAUCE

Halve and remove cores from **apples**, then chop into ½-inch cubes. Heat **2 TBSP butter** and a drizzle of **oil** in same pan over medium heat. Add **apples** and cook until golden, 5-7 minutes, tossing occasionally. Season with **salt** and **pepper**. Stir in **stock concentrates** and **1 cup water**. Increase heat to medium-high and cook until apples are tender and sauce is thick, 3-4 minutes.

5 MAKE CAULIFLOWER MASH

Add **2 TBSP butter** to pot with **potatoes** and **cauliflower** and toss to melt. (**TIP:** If potatoes and cauliflower have cooled, reheat briefly over low heat.) Mash with a fork or potato masher until mostly smooth. Season generously with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **cauliflower mash** between plates. Top with **pork** and **snap peas**. Drizzle with **apple pan sauce**, making sure to spoon any chunks of **apple** onto plate.

BLOCKBUSTER!

The cauliflower mash is sure to be a veggie smash.

