



# PORK CHOPS WITH ONION AND APPLE

## INGREDIENTS

- 2 tablespoons olive oil, divided
- 4 x 200 g pork chops (200 g per person)
- sea salt and black pepper to taste
- 180 ml chicken stock
- 125 ml apple juice
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh sage, chopped
- 1 ½ teaspoon fresh rosemary, chopped
- ½ teaspoon fresh thyme, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 medium green apples, thinly sliced
- 1 small red onion, thinly sliced

## METHOD

1. Season both sides of pork chops with salt and black pepper. Add 1 tablespoon olive oil to a large heavy-bottomed pan and heat over a medium heat. Add pork chops to pan allowing space in between the chops to cook evenly. Sear 3 to 5 minutes per side, or until pork chops are mostly done. Chops will continue cooking in the sauce later.
2. Move pork chops to a plate.
3. Add the remaining 1 tablespoon of oil to the pan then add the apples and onions. Cook for 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, and thyme. Stir to combine.
4. Pour in stock, mustard and apple juice. Using a wooden spoon to stir, combine all the juices at the bottom of the pan.
5. Slide pork chops back into the pan, nestling them down in between the apples.
6. Cook 2 to 3 minutes, until pork chops are finished cooking and liquid has reduced by half.

**A source of protein and fibre ✓**

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**SPAR** 



**PREP TIME** 5min  
**COOK TIME** 25min  
**TOTAL** 30min  
**SERVES** 4-6