

Recipe

Food Rx



One Pan Pork Chops with Apples and Onions with Potato Planks

Serving: 1

- 2 tsp olive oil divided
- 1 - 4 oz bone-in pork chops whatever with comfortably fit in your pan
- Kosher salt and black pepper to taste
- 1/4 cup low sodium chicken stock
- 1/3 tsp Dijon mustard or whole-grain Dijon
- 1 tsp sage
- 1/2 tsp fresh rosemary chopped
- 1 pinch thyme
- 1 dash kosher salt
- 1 dash pepper
- 2/3 medium apples thinly sliced
- 1/3 small red onion thinly sliced
- 1 medium russet potato
- 1 tablespoon olive oil
- 1/2 clove garlic minced
- 1/2 teaspoon paprika
- Pinch of salt & pepper

1. Potato Planks – preheat oven to 375. Place a tray in the oven to preheat (hot tray helps keep the potato from sticking). Wash and scrub the potato to remove dirt and tough skin. Using a sharp knife slice through longways into 1/4 inch planks. Place in a bowl of water to remove excess starch for a few minutes, drain and pat dry. In a bowl combine olive oil, garlic, and salt and pepper and toss in the potato and coat evenly. Remove the hot tray from the oven and lay out planks in a single layer. Lightly sprinkle on the paprika and place the tray back into the oven, roast until golden crispy for 20 to 25 minutes, flipping them over halfway through. Remove from pan with a spatula and serve.
2. Season both sides of pork chops with kosher salt and black pepper. Add 1 tsp olive oil to large heavy bottomed pan (or skillet), and heat over MED-HIGH heat. Add pork chops to pan, leaving at least an inch between the chops to ensure even cooking and browning. Sear 3-5 minutes per side, or until pork chops are mostly done. Chops will continue cooking in the sauce later.
3. Remove pork chops to a plate.
4. In a small mixing bowl, whisk together chicken stock and mustard, set aside.
5. Add remaining oil to the pan, then add apples and onions. Cook 4 minutes, stirring occasionally. Season with salt, pepper, sage, rosemary, and thyme. Stir to combine.
6. Pour in stock mixture, using a wooden spoon to gently scrape the bottom of the pan to release any brown bits (those are full of great flavor).
7. Slide pork chops back into the pan, nestling them down in between the apples.
8. Cook 2-3 minutes, until pork chops are finished cooking and liquid has reduced by half.
- 9.