



Cooking Made Easy



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## Pan-Seared Pork Chops with Apple Compote, Spinach Salad & Crispy Shallots



Apples and pork go together like peas and carrots – especially when we’re talking juicy, pan-seared chops and apple-shallot compote. Crunchy sliced apple and baby spinach make a light and refreshing side dish. For extra-crispy potatoes, place your baking sheet in the oven while the oven preheats!

- 35 min
- level 1
- nut free
- lactose free



Pork Chops



Yukon Potatoes



Balsamic Vinegar



Flour



Apple



Stock Concentrate



Shallot



Baby Spinach

Ingredients	2 People	4 People
Pork Chops	2	4
Baby Spinach	5 oz	10 oz
Apple	1	2
Flour	1 T	2 T
Stock Concentrate	1	2
Shallot	1	2
Yukon Potatoes	12 oz	24 oz
Balsamic Vinegar	2 T	4 T
Olive Oil*	3 T	6 T

\*Not Included

### Allergens

1) Wheat

### Tools

Baking Sheet, Medium Pan, Small Bowl, Medium Bowl

Ruler

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**Nutrition per person** Calories: 637 cal | Carbs: 63 g | Fat: 27 g | Protein: 46 g | Fiber: 9 g



**1** Preheat the oven to 400 degrees. Cut the **potatoes** into 1/2-inch cubes, then toss on a baking sheet with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Roast for 25 minutes, until tender and golden brown.



**2** Peel, core, and dice the **half the apple**, then thinly slice the **other half**. Thinly slice **half the shallot** into rings, then finely chop the **remaining half**. Toss the **sliced shallot** in a small bowl with 1 tablespoon **flour**.



**3** Heat 1/4-inch **oil** in a medium pan over medium-high heat. Once the oil is hot, add the **shallot rings** and fry until golden brown and crispy. Remove with a slotted spoon and set aside on a paper towel-lined plate. Season immediately with **salt** and **pepper**.

**4** Season the **pork chops** on all sides with **salt** and **pepper**. Pour off and discard all but 1 tablespoon **oil** from the pan and heat over medium-high. Add the pork chops and cook for 3-5 minutes per side, until golden brown and just barely pink on the inside. Set aside to rest for 5-6 minutes.



**5** Make the **apple compote**: add the **chopped shallot** and the **diced apple** to the pan and cook, tossing, for about 3 minutes, until softened. Reduce heat to low, then add the **stock concentrate** and 1/4 cup **water** and simmer, stirring, another 3 minutes, until slightly thickened. Season with **salt** and **pepper**. Set aside.

**6** In a medium bowl, toss the **baby spinach** and **sliced apple** with the **balsamic vinegar** and 2 tablespoons **olive oil**. Season with **salt** and **pepper**.

**7** Mound the **salad** onto plates and top with the **roasted potatoes**, **pork chops**, and **apple compote**. Garnish with the **crispy shallots** and enjoy!