

## SHOPPING LIST

- 4 Pork Chops
- 2 Apples (sliced)
- 1 Red Onion (julienne)
- 1 Tbsp Sage (fresh)
- 6oz Hard Cider
- Salt and Pepper (to taste)
- 3 Tbsp Olive Oil



FEED THE MASS

## PORK CHOP WITH CARAMELIZED APPLE

SERVES 4

## LETS START COOKING

1. Preheat pan on med-high heat. Once pan is hot, add oil.
2. Sear the pork chop until golden on both sides (do not fully cook the pork chop) Take out pork and set aside.
3. In the same pan, add apples, sage, and onions. Sauté until onions are translucent then add cider.
4. Let cider reduce by half.
5. Reduce heat to a simmer, add in pork chops and cover for 5 minutes.
6. With a meat thermometer, ensure pork is at 150 degrees.
7. Take out pork chop and rest for 5 minutes.
8. If needed, continue to let sauce reduce for 5 minutes.
9. Serve apples on top of pork.