



## Balsamic Pork Chops with Roasted Sweet Potatoes & Brussel Sprouts

Prep Time: 15 min

Cook Time: 45 min

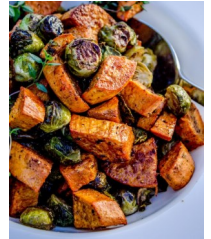
Serves: 4

### NUTRITION FACTS, PER SERVING:

377 calories

15.34 g total fat

759 mg sodium



### INGREDIENTS: **\*\* Items not included in kit**

- Flour Blend (1/4 cup all-purpose flour & 1 tsp garlic powder)
- 1/4 tsp salt & 1/4 tsp ground black pepper\*\*
- 4 boneless pork chops
- 2 TB olive oil\*\*
- 1/3 cup balsamic vinegar
- 1 cup chicken broth (Measure Out)
- 1 lemon, zested and juiced
- 1 TB capers
- 1 lb. sweet potatoes (peeled and diced)
- 1 lb. Brussels sprouts
- 2 TB olive oil\*\*
- 1/4 tsp salt and 1/4 tsp ground black pepper\*\*
- Fresh parsley, chopped for garnish
- 1/2 bunch green onions, thinly sliced for garnish
- Nonstick Spray\*\*

### DIRECTIONS:

1. Preheat oven to 400 degrees. Peel **sweet potatoes** and cut into 1 inch cubes. Wash and trim **brussels sprouts**, pull away any yellow outer leaves and cut sprouts in half. Spray baking sheet with **nonstick spray**. Place **cubed sweet potatoes** and **halved brussels sprouts** on baking sheet. Drizzle with **2 TB olive oil, 1/4 tsp salt and 1/4 tsp black pepper**, toss to combine well. Roast for 20 minutes or until tender. Remove from oven and squeeze the **juice of 1/2 lemon** over the vegetables.
2. Place the **Flour Blend, 1/4 tsp salt and 1/4 tsp black pepper** into a plastic bag. Shake to mix, then add the **pork chops**, and shake again to coat.
2. Heat **2 TB olive oil** in a large skillet over medium-high heat. Remove each pork chop from the bag, shaking off any excess flour. Cook the **pork chops** in the pan until golden-brown on both sides, about 3 minutes per side.
3. To the same pan, pour in the **1/3 cup balsamic vinegar** and **1 cup chicken broth**. Bring to a boil, then reduce heat to medium, and simmer until the pork is no longer pink in the center, about 7-10 minutes, flipping pork chops halfway. Remove the **pork chops** to a serving platter. To the pan sauce stir in the **zest from 1/2 lemon** and the **capers**. Continue simmering until the sauce has thickened, about 2-3 minutes
4. Drizzle **sauce** over the **pork chops** and top with **chopped fresh parsley** and **thinly sliced green onions**. Serve alongside roasted vegetables.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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