

Pork Chops with Onion Apple Chutney and Asparagus

Serves: 2-4

Ingredients:

4 (3oz.) boneless Pork Chops
1 large Onion, diced
2 large apples, peeled & diced
2 pounds of Asparagus
1 Tablespoon lemon juice
1 Tablespoon Butter
1 Tablespoon Extra Virgin Olive Oil
Salt and Pepper

Equipment Needed:

10-12" skillet
Nonstick skillet with lid
Plate
Tongs
Spoon
Knife
Cutting board
Baking Spatula

Directions:

Prepare the asparagus by cutting off the bottom 1/3 of each stalk. Set aside.

Season the pork chops with salt and pepper on both sides.

Heat a nonstick skillet on medium high. Sear the pork chops on each side until both sides are nicely browned but the center is not cooked. Remove the pork chops to a plate and set aside.

In the same nonstick skillet, add ½ Tablespoon of oil, onions and a pinch of salt and cook on medium until the onions start to brown.

Add the apples, lemon juice, and ½ Tablespoon of butter to the pan with the onions and cook for 5 minutes. (Stirring occasionally)

Add the pork chops back into the pan with the onions and apples. Cover the apples, onions, and pork chops with the lid and turn the heat down to low. Continue to cook on low while you make the asparagus.

Heat a second skillet on medium-high heat. Add the remaining ½ Tablespoon of oil and the asparagus. Cook for 5-10 minutes (depending on the size of the asparagus) until fork tender.

Add the remaining ½ Tablespoon of butter to the pan with the asparagus. While the butter is melting, add salt and pepper to the pan and stir to coat the asparagus with the salt, pepper, and butter. Turn the heat off on both pans. Serve & enjoy!



A Pound of Cure
Dr. Matthew Weiner