



Sheet Pan Roasted Pork Chops with Apples, Brussels Sprouts, and Maple

Total Time: 25-35 minutes Calories per Serving: 480

Serves: 2 people

Our favorite seasonal ingredients all together on one sheet pan? Yes, please. Maple-roasted pork is combined with Gala and Granny Smith apples as well as Brussels sprouts for a meal that's warm, nourishing, and short on cleanup.

USDA recommends cooking pork to 145° F.



1. Prepare Ingredients

Preheat oven to 425°F. Rinse **Brussels sprouts** and quarter. Rinse **apples** and cut into ½-inch thick wedges, discarding cores. Pat **pork** dry with paper towel.



2. Season Brussels Sprouts and Apples

In a small bowl, whisk together **mustard**, **herbes de Provence**, **½ of maple syrup**, and **1½ tablespoons olive oil** to make glaze. On a foil-lined baking sheet, toss **Brussels sprouts** and **apples** with **glaze**, **½ teaspoon kosher salt** and **pepper**.



3. Roast Brussels Sprouts and Apples

Arrange **Brussels sprouts** cut-side down, along with **apples**, in a single layer. Transfer to oven and roast until almost tender, about 12 minutes.



4. Season Pork

While Brussels sprouts and apples roast, season **pork** all over with **½ teaspoon kosher salt** and **pepper**. Break **butter** into small pieces.






5. Roast Pork

After about 12 minutes of roasting, remove Brussels sprouts and apples. Place **pork** on top, return to oven, and roast together until pork is beginning to brown, 3-4 minutes. Remove again and flip pork, then pour **remaining maple syrup** over pork and dot with **butter**. Return again and roast until cooked through and no longer pink, 6-8 minutes more. Remove and set aside to rest for about 5 minutes.



6. Plate Pork

If desired, slice **pork chops**. Serve over a bed of **roasted Brussels sprouts** and **apples**. Commence the feast!

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

When you're roasting the Brussels sprouts and apples, space them apart as much as possible so they roast instead of steam.

🛒- INGREDIENTS

- 12 ounces Brussels sprouts
- 1 Granny Smith apple
- 1 Gala apple
- 10 ounces pork chops
- 1 tablespoon whole-grain mustard
- 2 teaspoons herbes de Provence
- 1 bottle maple syrup, divided
- 1 packet butter

🧰- YOU'LL NEED

- aluminum foil
- baking sheet
- 1½ tablespoons olive oil
- kosher salt
- black pepper

Great food starts with great ingredients. We're proud to send you pork raised without antibiotics.