



# APRICOT SHEET PAN PORK CHOPS



SERVES:

2

PREP TIME:

15M

COOK TIME:

30M

GLUTEN FREE

## INGREDIENTS:

2 Tbsp + ¼ Cup Crofter's Organic Just Fruit Apricot Fruit Spread

2 ½ Cups Brussels Sprouts (Sliced)

3 Tbsp Olive Oil (Divided)

¼ Cup Dried Apricot (Cubed)

2 Tbsp Melted Butter

1 Tsp Apple Cider Vinegar

2 Tbsp Whole Grain Mustard

2 Bone-In Pork Chops

Sea Salt

Black Pepper

## DIRECTIONS:

1. Preheat the oven to 375°F and line a sheet pan with parchment paper. Set aside. Give your brussels sprouts a wash and slice them in half lengthwise. Set aside.
2. In a medium sized mixing bowl, combine the 2 tbsp Crofter's Organic Just Fruit Apricot Fruit Spread, sliced brussels sprouts, 1 ½ tbsp olive oil, dried apricots, and salt to taste. Toss until evenly coated. Spread out evenly on the sheet pan and roast in the oven for 10-15 minutes.
3. In another medium bowl, combine the remaining ¼ cup Crofter's Organic Just Fruit Apricot Fruit Spread, melted butter, apple cider vinegar, whole grain mustard, salt and pepper to taste. Mix well until evenly combined. Set apricot mixture aside.
4. While the brussels sprouts are roasting, generously salt and pepper the pork chops on both sides and add the remaining 1 ½ tbsp olive oil to the pan. Sear the pork chops over medium-high heat for 4 minutes on each side. Make sure you don't move the pork chops when searing – we want that crispy crust!
5. Once your pork chops are seared, allow them to rest for 5 minutes. Remove the brussels sprouts from the oven and then nestle in the pork chops on the sheet pan. Brush the pork chops and the brussels sprouts with the apricot mixture and place back in the oven for 20 minutes or until the pork chops are cooked through.
6. Once cooked, remove from the oven and allow to rest for 5 minutes. Serve with a side of rice or as is, enjoy!