

# Maple Cider Chops with Apples



## Ingredients

4 pork loin centre chops, boneless, about  $\frac{3}{4}$ -inch / 2 cm thick  
Salt, ground black pepper and paprika  
1 Tbsp / 15 mL canola oil  
 $\frac{1}{2}$  cup / 125 mL apple cider or apple juice  
2 Tbsp / 30 mL pure maple syrup  
1 Tbsp / 15 mL Dijon mustard  
1 small, red skinned apple, cored and sliced into thin wedges

## Directions

1. Season both sides of chops with salt, pepper and paprika.
2. In nonstick skillet, heat oil over medium-high heat. Add chops and cook until lightly browned on both sides, 3-4 minutes per side.
3. Deglaze skillet with cider or juice, scraping up brown bits from bottom of skillet.
4. Add syrup and mustard to skillet. Stir to combine. Cover skillet and reduce heat to medium-low. Simmer chops 4-5 minutes, turning once.
5. Remove chops from skillet onto a clean plate; cover loosely with foil to keep warm.
6. Increase heat and bring sauce to a gentle boil; cook, about 2 minutes.
7. Add apple wedges to skillet and continue to boil until apples soften and sauce thickens, about 5 minutes.
8. To serve, spoon apples and sauce over chops.

## Additional Info

- **Cut:** Chops/steaks
- **Prep Time (Minutes):** 10
- **Cook Time (Minutes):** 15
- **Number of Servings:** 4