Dinner

Seared Pork Chops with Apple Date Stuffing

Golden seared pork chops hide a sweet filling of chopped Gala apples, pitted dried dates, walnuts and fresh thyme. A splash of sweet Madeira wine and a touch of honey flavour the stuffing.



Gluten free

45 min	220	14 g	9 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 2 cup Gala apples (chopped, unpeeled)
- [ ] 2 tbsp sweet Madeira wine (divided)
- [ ] 1/2 cup pitted dried dates (diced)
- [ ] 2 tbsp walnuts (coarsely chopped)
- [ ] 2 tbsp fresh thyme (minced)
- [ ] 1 tsp honey
- [ ] 8 whole lean pork chop (4-ounce each, about 3/4-1 inch thick)
- [ ] 1/8 tsp kosher salt
- [ ] 1/8 tsp black pepper
- [ ] 2 tsp canola oil

Method

- [ ] 1 Tip the chopped unpeeled Gala apples into a mixing bowl and add the diced pitted dried dates, the coarsely chopped walnuts, the minced fresh thyme, the sweet Madeira wine and the honey, then toss everything until evenly blended.
- [ ] 2 Slice a horizontal pocket into the side of each lean pork chop, then spoon the apple mixture into all 8 pockets, dividing it evenly between them.
- [ ] 3 Season the outside of every stuffed chop with the Kosher Salt and the black pepper.
- [ ] 4 Set a large skillet over medium heat. Pour in half of the canola oil and sear 4 of the pork chops for about 7 to 8 minutes per side.
- [ ] 5 Pour the rest of the canola oil into the pan and cook the last 4 chops in the same way.

Nutrition Facts

Per serving

Calories	220
Total fat	6 g
Saturated fat	1 g
Sodium	135 mg
Total carbs	14 g
Fiber	1 g
Total sugars	9 g
Protein	28 g

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