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# *Pork Cutlets With Maple-Spiced Apples and Red Cabbage*

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

## **Ingredients**

- ❖ 5 teaspoon oil, olive, extra virgin, divided
- ❖ 2 medium apple, red, tart-sweet, such as Braeburn, chopped
- ❖ 2 cup(s) cabbage, red, thinly sliced
- ❖ 1 small onion(s), red, thinly sliced
- ❖ 2 teaspoon thyme, fresh, minced
- ❖ 2 tablespoon maple syrup, pure
- ❖ 1 tablespoon vinegar, cider
- ❖ 1/4 teaspoon salt, plus more to taste
- ❖ 1/4 teaspoon pepper, black ground, plus more to taste
- ❖ 1 pounds pork, boneless loin chops, center-cut, 1/2 inch thick, trimmed of fat
- ❖ 1/3 cup(s) flour, all-purpose
- ❖ 1 large egg(s), lightly beaten
- ❖ 2 tablespoon mustard, Dijon
- ❖ 1 1/2 cup(s) bread crumbs, panko (Japanese-style)



## **Preparation**

1. Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat with cooking spray.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add apples, cabbage, onion and thyme and cook, stirring occasionally, until the mixture begins to soften, 6 to 8 minutes. Stir in maple syrup and vinegar.
3. Reduce heat to low and cook until the cabbage is tender, about 5 minutes more. Remove from heat, cover and keep warm.
4. Meanwhile, place each pork chop between 2 pieces of plastic wrap. Pound with the smooth side of a meat mallet or a heavy saucepan until 1/4 inch thick. Season the pork on both sides with 1/4 teaspoon each salt and pepper.
5. Place flour on a large plate. Whisk egg and mustard in a shallow dish. Mix panko and 1 tablespoon oil in another shallow dish. Dredge the pork in the flour, dip in the egg mixture, then dredge in the panko. Place on the wire rack. Coat both sides with cooking spray.
6. Bake the pork until cooked through and the breadcrumbs are just beginning to color, about 10 minutes. Season the cabbage mixture with salt and pepper to taste and serve with the cutlets.