

# Pan-Seared Thick-Cut Boneless Pork Chops with Apples and Spinach



**SERVES** Serves 4

**TIME** 45 minutes

## Why This Recipe Works

To get a deep sear and a juicy, tender interior on these meaty chops, we used a screaming-hot cast-iron pan. The fond left by the pork contributed deep flavor to the apples,...

## Gather Your Ingredients

- 1 (2½-pound) boneless pork loin roast, trimmed
- 2 teaspoons ground coriander
- 1 teaspoon table salt, divided
- ½ teaspoon pepper
- 3 tablespoons vegetable oil, divided
- 2 apples, cored and cut into 1-inch wedges
- 1 red onion, chopped
- 12 ounces (12 cups) baby spinach

## Before You Begin

- \* Look for a pork loin roast that is 7 to 8 inches long and 3 to 3½ inches in diameter.

## Instructions

1. Cut pork loin crosswise into 4 chops of equal thickness. Pat chops dry with paper towels, then sprinkle with coriander, ¾ teaspoon salt, and pepper. Heat 12-inch cast-iron skillet over medium heat for 5 minutes. Add 1 tablespoon oil and heat until just smoking. Add chops and cook, flipping every 2 minutes, until well browned and registering 135 degrees, 14 to 18 minutes. Transfer chops to cutting board, tent with foil, and let rest while preparing apples.
2. While chops rest, heat 1 tablespoon oil in now-empty skillet over medium-low heat until shimmering. Add apples, cut side down, and cook until caramelized and tender, about 2 minutes per side. Transfer to serving platter.

○ 1 tablespoon minced  
fresh tarragon

**3.** Heat remaining 1 tablespoon oil in now-empty skillet over medium heat until shimmering. Add onion and remaining  $\frac{1}{4}$  teaspoon salt and cook until softened, about 3 minutes. Add spinach and cook until wilted, about 2 minutes. Season with salt and pepper to taste. Sprinkle apples with tarragon. Serve pork with apples and spinach.