



Pork Chops with Peaches

Ingredients

- 4 PEACHES
- 1.5 LBS PORK CHOPS
- COURSE SEA SALT
- GROUND PEPPER
- 1/4 CUP COCONUT OIL
- 1 CUP CHICKEN BROTH
- 1 SPRIG ROSEMARY
- 1 TBSP MUSTARD

Prep Time

- PREP | 10 MINUTES
- COOK | 25 MINUTES
- READY IN | 40 MINUTES
- SERVES | 4 PEOPLE

Directions



1

PREHEAT OVEN TO 400°. REMOVE PITS FROM PEACHES AND CUT INTO WEDGES.

2

SEASON PORK CHOPS WITH SALT & PEPPER IN OVEN SAFE PAN, HEAT HALF THE OIL OVER MEDIUM-HIGH HEAT. ADD PORK CHOPS AND BROWN FOR 2 MINUTES, FLIP AND COOK FOR ANOTHER 2-4 MINUTES. MOVE TO A PLATE.

3

ADD CHICKEN BROTH, ROSEMARY AND MUSTARD TO PAN. BRING TO A BOIL THEN LOWER HEAT AND SIMMER UNTIL LIQUID IS REDUCED TO HALF.

4

RETURN PORK CHOPS TO PAN AND BAKE IN OVEN FOR 5-6 MINUTES. TURN PORK CHOPS OVER AND ADD PEACHES TO THE PAN. BAKE IN OVEN FOR ANOTHER 6 MINUTES OR UNTIL THE INTERNAL TEMP REACHES 145°.

5

TAKE PAN OUT OF OVEN AND REMOVE PORK AND PEACHES, MOVING THEM TO A SERVING PLATE.

6

PLACE PAN BACK ON THE STOVE. ADD REMAINING OIL TO SAUCE IN PAN AND WHISK. POUR SAUCE OVER PORK AND PEACHES AND ENJOY!