

## **Alpine Pork with Sweet Potato and Pan sauce**

### **For the Pork**

Pound the chops or cutlets to get them to uniform thickness

Use a meat mallet, pan wrapped with plastic or wine bottle wrapped with plastic

Season with salt and pepper

Heat a pan to medium heat

Add 2T grapeseed oil

Cook the pork on each side for 3 to 4 minutes

Add 1/2 cup chicken broth to deglaze the pan, reduce by half

Add the mustard Sauce and cook for 1 minute

(this allows you to get all that fond/flavor from the pan into a sauce)

Add the 2T butter

Baste the Pork with the sauce

Season with salt and pepper

### **For the Veggies**

Heat the oven the 350 degrees

Wash and dice the sweet potato

Peel and dice the onion

In a bowl toss the Potatoes and Onions with Olive Oil, balsamic Vinegar, salt and pepper

Lay on a baking sheet and cook for 20-30 minutes until tender and brown

Remove from Oven

Taste and re season with more salt, pepper if needed

Serve with the pork and the sauce