

Pork and Apple Skillet with Onion & Sage

Serves 2

- 200g thinly sliced lean pork (loin or tenderloin, or cut thicker slices into strips)
- 1 medium apple, peeled, cored, and thinly sliced
- ½ medium onion, thinly sliced
- 1½ tsp olive oil, divided
- 1 tsp cider vinegar
- ½ tsp Dijon mustard (*adds tang and depth*)
- ½ tsp fresh or dried sage (*or substitute thyme*)
- Pinch of cinnamon (*optional – subtle background warmth*)
- Salt and pepper, to taste
- Optional: splash of white wine or chicken broth for deglazing



Instructions

1. Sauté the onion

Heat 1 tsp olive oil in a skillet over medium heat. Add onions and a pinch of salt. Sauté for 3–4 minutes until soft and lightly golden.

2. Add pork

Push onions to the side and add the pork in a single layer. Sear 1–2 minutes per side until just cooked. Stir to combine with onions.

3. Add apples & seasonings

Add apple slices, sage, cinnamon, and a good pinch of black pepper. Cook for another 2–3 minutes, stirring gently.

4. Deglaze and finish

Add cider vinegar, ½ tsp olive oil, and Dijon mustard. Stir to coat everything. If needed, deglaze the pan with a splash of white wine or broth (1–2 Tbsp). Cook just until apples are tender-crisp.

5. Taste and adjust

Add a pinch of salt or a tiny drizzle of honey if your apple isn't sweet.

Nutritional Breakdown (Per Serving)

Nutrient	Value (approx.)
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Calories	~280 kcal
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Protein	~24 g
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Fat	~13 g
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— Sat. Fat	~2.5 g
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Carbs	~15 g
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— Sugars	~10 g
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Fiber	~2.5 g
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Sodium	~250 mg
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Serve With:

- Garlic mashed potatoes or olive oil–roasted sweet potatoes
- Steamed green beans or sautéed kale with lemon
- Crusty whole grain bread and a simple salad with vinaigrette