



PORK CHOPS WITH CREAMY LEMON PAN SAUCE

over Roasted Broccoli Farro

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



8 oz | 16 oz
Broccoli Florets



1 | 2
Lemon



1 TBSP | 2 TBSP
Italian Seasoning



12 oz | 24 oz
Pork Chops



2 | 4
Chicken Stock
Concentrates



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 Clove | 2 Cloves
Garlic

HELLO

FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 590



PUCKER UP

You'll use the juice from both raw and roasted lemon wedges in this recipe. The roasted lemon takes on sweet, caramelized flavors for squeezing over your finished dish, while the raw lemon adds a tart zing to pan sauce and farro. Together, it's a citrusy explosion on your plate.

BUST OUT

- Medium pot
- Zester
- Baking sheet
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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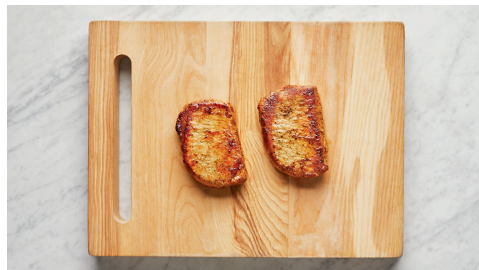
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1 COOK FARRO

- Preheat oven to 425 degrees. **Wash and dry all produce.**
- In a medium pot, combine **½ cup farro (1 cup for 4 servings), 3 cups water (5 cups for 4), half the stock concentrates** (you'll use the rest later), and a **big pinch of salt**. (Be sure to measure the farro; we sent more.)
- Bring to a boil and cook until farro is tender, 25-30 minutes. **TIP: If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.**



4 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels; season with **remaining Italian Seasoning, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Cook until browned and cooked through, 4-6 minutes per side. **TIP: If pork begins to brown too quickly, lower heat.**
- Transfer to a cutting board.



2 PREP

- While farro cooks, cut **broccoli florets** into bite-size pieces if necessary. Zest and quarter **lemon (for 4 servings, zest 1 lemon and quarter both)**. Peel and mince **garlic**.



5 MAKE SAUCE

- To same pan over medium-high heat, add **garlic, remaining stock concentrates, and ¼ cup water (½ cup for 4 servings)**. Cook until slightly reduced, 2-3 minutes.
- Remove pan from heat; stir in **sour cream**. Season with **salt and pepper**. Add a **squeeze of fresh lemon juice**.



3 ROAST BROCCOLI & LEMON

- Toss **broccoli** on a baking sheet with a **drizzle of oil, half the Italian Seasoning** (you'll use the rest in the next step), **salt, and pepper**. Add **half the lemon wedges**, peel sides up.
- Roast until broccoli is browned and tender and lemon is lightly browned, 15-20 minutes.



6 FINISH & SERVE

- Stir roasted **broccoli, 1 TBSP butter (2 TBSP for 4 servings), a squeeze of fresh lemon juice, and lemon zest** to taste into pot with **farro**. Season generously with **salt and pepper**.
- Slice **pork** crosswise.
- Divide farro between plates; top with pork. Drizzle **pan sauce** over pork. Serve with **roasted lemon wedges** on the side.

* Pork is fully cooked when internal temperature reaches 145°.