



## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Farro  
Contains: Wheat



**1 | 2**  
Zucchini



**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



**2 Cloves | 4 Cloves**  
Garlic

\* In our ongoing effort towards sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

## HELLO

## FARRO

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

# PORK CHOPS WITH CREAMY LEMON PAN SAUCE

## over Roasted Zucchini Farro



**PREP: 5 MIN | COOK: 35 MIN | CALORIES: 600**





## PUCKER UP

You'll use the juice from both fresh and roasted lemon wedges in this recipe. The raw lemon adds a tart zing to pan sauce and farro, while the warmed lemon takes on sweet, caramelized flavors for squeezing over your finished dish. 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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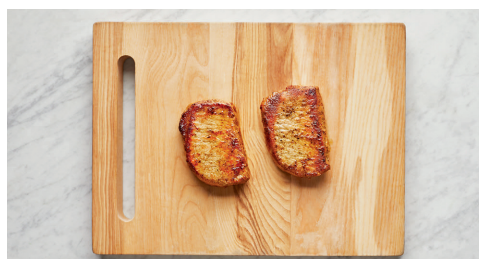
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\* Pork is fully cooked when internal temperature reaches 145°.



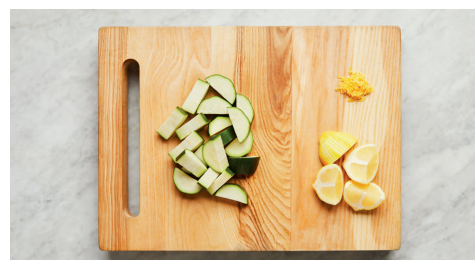
## 1 COOK FARRO

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel and mince **garlic**.
- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **half the garlic** and cook, stirring, until fragrant, 30 seconds.
- Add **½ cup farro (be sure to measure; we sent more), 3 cups water, half the stock concentrates, and ½ tsp salt. (For 4 servings, use 1 cup farro, 5 cups water, and 1 tsp salt.)** 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, trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Zest and quarter **lemon (for 4 servings, zest one lemon and quarter both).**



## 5 MAKE SAUCE

- To same pan over medium-high heat, add **remaining 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 ZUCCHINI & LEMON

- Toss **zucchini** 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 on top rack until zucchini is browned and tender and lemon is lightly browned, 14-16 minutes.



## 6 FINISH & SERVE

- Stir roasted **zucchini, 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.

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