



# PORK WITH APPLE DIJON PAN SAUCE

over Farro & Wilted Kale

## INGREDIENTS

2 PERSON | 4 PERSON



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



**2 | 4**  
Chicken Stock  
Concentrates



**1 | 2**  
Apple



**4 oz | 4 oz**  
Kale



**1 Clove | 2 Cloves**  
Garlic



**1 TBSP | 2 TBSP**  
Italian Seasoning



**12 oz | 24 oz**  
Pork Chops



**2 tsp | 4 tsp**  
Dijon Mustard

## HELLO

### APPLE DIJON PAN SAUCE

Sweet and savory with a tangy bite—this is the perfect pork chop topper.



**PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610**



### THINK FOND-LY

When cooking your apple in step 4, be sure to stir and scrape up any browned bits you see at the bottom of the pan. Those unassuming specks (aka *fond*) left by the pork chops are full of rich, concentrated flavor.

### BUST OUT

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

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



### 1 START PREP & COOK FARRO

- **Wash and dry all produce.**
- Peel and mince **garlic**.
- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add garlic and **half the Italian Seasoning** (you'll use the rest later). Cook, stirring, until garlic is fragrant, 30 seconds.
- Add **½ cup farro (1 cup for 4 servings)**. (Be sure to measure—we sent more.) Cook, stirring, until toasted, 1-2 minutes.
- Add **3 cups water (5 cups for 4), half the stock concentrates** (you'll use the rest later), and a **big pinch of 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 MAKE SAUCE

- To same pan over medium-high heat, add **apple**; season with **salt** and **pepper**. Cook, stirring and scraping up any browned bits from bottom of pan, until apple is slightly softened, 4-6 minutes.
- Add **mustard, remaining stock concentrates, ½ cup water (¾ cup for 4 servings), and 1 tsp sugar (2 tsp for 4)**. Cook, stirring, until sauce is thickened and apple is very tender, 5-7 minutes. Season with **salt** and **pepper**. **TIP: Add a splash more water if sauce is too thick.**
- Remove pan from heat; stir in **1 TBSP butter (2 TBSP for 4)**.



### 2 FINISH PREP

- While farro cooks, halve, core, and dice **apple** into ¼-inch pieces. Remove and discard any large stems from **kale**.



### 5 FINISH FARRO

- Once **farro** is done, reduce heat under pan to medium and stir in **kale**. Cook, stirring, until kale is slightly wilted, 3-4 minutes. Season with **salt** and **pepper**. **TIP: For richer farro, stir in 1 TBSP butter (2 TBSP for 4 servings).**



### 3 COOK PORK

- Pat **pork\*** dry with paper towels and season all over 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: Reduce heat if pork begins to brown too quickly.**
- Transfer to a cutting board; tent with foil to keep warm.



### 6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide **farro** between plates; top with sliced pork. Drizzle **pan sauce** over pork and serve.

WK 23-15