

Roasted Pork & Spinach-Farro Salad

with Thyme-Roasted Carrots

Hearty, elegant roasted pork is always a crowd-pleaser. By searing our pork on the stovetop before finishing it in the oven, we're locking in the juicy flavors of the meat—and creating the base for our rich pan sauce, made with demi-glace and a bit of butter. Simple thyme-roasted carrots balance the savory pork with herbaceous sweetness. And to round out the meal, we're making a robust spinach and farro salad dressed with fragrant, nutty browned butter.

Blue Apron Wine Pairings

Helen Foggo Shiraz, 2015
Iris Vineyards Pinot Noir, 2014



Ingredients

- 1 Pork Roast
- ¾ Cup Semi-Pearled Farro
- 6 Ounces Spinach
- 4 Carrots
- 3 Cloves Garlic
- 1 Lemon
- 1 Bunch Thyme

Knick Knacks

- 4 Tablespoons Butter
- 3 Tablespoons Golden Raisins
- 2 Tablespoons Pork Demi-Glace
- 2 Tablespoons Sliced Almonds

Makes: 4 servings | **Calories:** about 655 per serving
Prep Time: 10 minutes | **Cook Time:** 35–45 minutes



1 Sear the pork:

Preheat the oven to 450°F. Line a sheet pan with foil. Pat the **pork** dry with paper towels; season on all sides with salt and pepper. In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork; cook, turning occasionally, 6 to 8 minutes, or until browned on all sides. Transfer to the foil-lined sheet pan, leaving any browned bits (or fond) in the pan on the stove.



2 Prepare the ingredients:

While the pork sears, wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel the carrots; trim off and discard the stem ends, then halve the carrots lengthwise. Pick the thyme leaves off the stems; discard the stems. Peel and finely chop the garlic. Quarter and deseed the lemon.



3 Roast the pork & carrots:

Place the **carrots** on the sheet pan with the **seared pork**. Drizzle the carrots with olive oil and season with salt, pepper and **half the thyme**; toss to thoroughly coat. Arrange the seasoned carrots in a single, even layer. Roast 26 to 28 minutes, or until the carrots are browned and tender when pierced with a fork and the pork is cooked through. (An instant-read thermometer inserted into the pork should register 145°F.) Remove from the oven. Transfer the roasted pork to a cutting board and let rest for at least 5 minutes.



4 Cook the farro:

While the pork and carrots roast, add the **farro** to the pot of boiling water. Cook 16 to 18 minutes, or until tender. Drain thoroughly. Wipe out the pot.



5 Make the farro salad:

While the pork and carrots continue to roast, in the same pot, heat **half the butter** on medium-high until melted. Cook, occasionally swirling the pan, 1 to 2 minutes, or until lightly browned and starting to bubble. Add the **garlic, raisins and almonds**. Working in batches if necessary, add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined and the spinach has wilted. Remove from heat. Stir in the **cooked farro, the juice of all 4 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. Transfer to a serving dish.



6 Make the pan sauce & serve your dish:

To the pan of reserved fond, add the **demi-glace** and $\frac{1}{4}$ **cup of water**. Cook on medium-high, scraping up any fond, 2 to 3 minutes, or until slightly reduced in volume. Add the **remaining butter**. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Remove from heat; season with salt and pepper to taste. Find the lines of muscle (or grain) of the **rested pork**; thinly slice against the grain. Transfer to a serving dish. Top with the **roasted carrots** and a few spoonfuls of the **pan sauce**. Garnish with the **remaining thyme**. Serve with the **farro salad**. Enjoy!