

# Pork Chops & Freekeh Salad

*with Brussels Sprouts & Clementine Chutney*

One of our favorite things about cold-weather cooking is its use of bright, sweet citrus in savory applications. Here, we're sautéing clementine with vinegar, ginger and a bit of sugar to create a flavorful chutney for juicy pork chops. To round out the meal, we're stirring roasted Brussels sprouts into our hearty freekeh salad to accent the grain's nutty notes and add another seasonal touch.

 **Blue Apron Wine Pairing**  
Medel Pinot Noir, 2015



## Ingredients

2 Boneless, Center-Cut Pork Chops  
½ Cup Cracked Freekeh  
1 Clementine  
½ Pound Brussels Sprouts

### Knick Knacks

1 1-Inch Piece Ginger  
1 Shallot  
1 Tablespoon Apple Cider Vinegar  
1 Tablespoon Sugar

**Makes:** 2 servings

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes





1



## Cook the freekeh:

Preheat the oven to 450°F. Heat a large pot of salted water to boiling on high. Once boiling, add the **freekeh** and cook, uncovered, 22 to 25 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the freekeh cooks, wash and dry the fresh produce. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise. Peel and mince the ginger. Peel the clementine; separate into segments. Peel the shallot and mince to get 2 tablespoons (you may have extra); place in a bowl with  $\frac{3}{4}$  of the vinegar.

3



## Roast the Brussels sprouts:

While the freekeh continues to cook, place the **Brussels sprouts** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4



## Make the chutney:

While the Brussels sprouts roast, in a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot. Add the **ginger**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **clementine, sugar, remaining vinegar** and  $\frac{1}{2}$  cup of water (be careful, as the liquid may splatter). Cook, stirring occasionally and smashing the clementine with the back of a spoon, 7 to 9 minutes, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste. Transfer to a bowl. Rinse and wipe out the pan.

5



## Cook the pork chops:

While the Brussels sprouts continue to roast, pat the **pork chops** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the seasoned pork chops and cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a plate and set aside to rest for at least 5 minutes.

6



## Finish the freekeh & plate your dish:

While the pork chops rest, add the **shallot-vinegar mixture** and **roasted Brussels sprouts** to the pot of **cooked freekeh**; drizzle with olive oil. Stir to combine; season with salt and pepper to taste. Divide the finished freekeh and **rested pork chops** between 2 dishes. Top the pork chops with the **chutney**. Enjoy!