

Seared Pork Chops

with Farro, Brussels Sprouts & Cranberry Chutney

Tonight's delicious chutney, a spiced, fruit-based condiment, takes full advantage of one of the season's finest ingredients: tart, fresh cranberries. Mustard seeds give our chutney fantastic pops of texture, while fresh ginger adds an element of aromatic spice. With the perfect balance of sweet and sour, it's an irresistible partner for our flavorful pork chops. On the side, warm farro and roasted Brussels sprouts complement the chops with even more seasonal flair.

Blue Apron Wine Pairings

Cave de Fleurie Beaujolais, 2015

Medel Pinot Noir, 2015



Ingredients

4 Boneless, Center-Cut Pork Chops
1 Cup Semi-Pearled Farro
1 Pound Brussels Sprouts

Knick Knacks

2 Tablespoons Sugar
1½ Teaspoons Brown & Yellow Mustard Seeds
1 1-Inch Piece Ginger
1 Shallot
1 Tablespoon Apple Cider Vinegar
½ Cup Cranberries

Makes: 4 servings

Prep Time: 10 minutes | **Cook Time:** 25–35 minutes

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Cut off and discard the stem ends of the Brussels sprouts; halve lengthwise. Peel and mince the ginger. Peel and mince the shallot.

2



Cook the farro:

Add the **farro** to the pot of boiling water and cook, uncovered, 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

3



Roast the Brussels sprouts & finish the farro:

While the farro cooks, 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. Carefully transfer to the pot of **cooked farro**. Add $\frac{2}{3}$ of the **vinegar** and a drizzle of olive oil. Stir to thoroughly combine; season with salt and pepper to taste.

4



Make the cranberry chutney:

While the Brussels sprouts roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger** and **as much of the shallot as you'd like**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **cranberries** and **mustard seeds**; cook, stirring frequently, 1 to 2 minutes, or until slightly softened. Add the **sugar**, **remaining vinegar** and $\frac{1}{4}$ **cup of water** (be careful, as the liquid may splatter); cook, stirring occasionally, 2 to 4 minutes, or until thickened and the cranberries have broken down. Turn off the heat and 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 tablespoon of olive oil on medium-high until hot. Add the seasoned pork chops and cook 4 to 5 minutes per side, or until browned and cooked through. Transfer to plate and set aside to rest for at least 5 minutes.

6



Serve your dish:

Transfer the **finished farro** and **rested pork chops** to a serving dish. Top the pork chops with the **cranberry chutney**. Enjoy!