

Pork Chops & Honey-Mustard Pan Sauce

with Creamy Barley Salad

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

We're celebrating the best of simple, seasonal cooking with saucy pork chops and a vegetable-packed barley salad. The nutty barley creates a perfect base for sautéed carrots and Vidalia onion, an extra-sweet variety grown in Georgia. A bit of yogurt gives the salad delectable creaminess, while fresh tarragon adds an herbal finish. We're topping off our pork chops with a pan sauce that highlights the classic flavor combination of honey and Dijon mustard, plus cucumber marinated in honey and vinegar for pops of tangy sweetness.



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Ingredients



2
BONELESS,
CENTER-CUT
PORK CHOPS



1/2 cup
PEARLED BARLEY



1
CUCUMBER



2
CARROTS



1
VIDALIA ONION



1 bunch
TARRAGON

KNICK KNACKS:



2 Tbsp
WHITE WINE
VINEGAR



1 Tbsp
DIJON MUSTARD



1/2 cup
PLAIN GREEK
YOGURT



2 Tbsp
ROASTED
ALMONDS



1 Tbsp
HONEY



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1 Cook the barley:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook, uncovered, 25 to 27 minutes, or until tender. Turn off the heat. Drain thoroughly and rinse under cold water to stop the cooking process; return to the pot. Drizzle with olive oil and season with salt and pepper.

2 Prepare the ingredients & marinate the cucumber:

- ☐ While the barley cooks, wash and dry the fresh produce.
- ☐ Peel the carrots and halve lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Peel and small dice the onion.
- ☐ Roughly chop the almonds.
- ☐ Pick the tarragon leaves off the stems; discard the stems and roughly chop the leaves.
- ☐ Peel the cucumber, leaving alternating strips of skin intact. Halve lengthwise; using a spoon, scoop out and discard the seeds. Medium dice the cucumber.
- ☐ In a medium bowl, combine the **cucumber**, **half the honey** (kneading the packet before opening), **half the tarragon**, **1/4 of the vinegar**, and a drizzle of olive oil; season with salt and pepper.

3 Cook the vegetables:

- ☐ While the barley continues to cook, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until softened and fragrant. Transfer to a bowl. Rinse and wipe out the pan.

4 Cook the pork chops:

- ☐ Pat the **pork chops** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat a drizzle of olive oil on medium-high until hot. Add the seasoned pork chops and cook 4 to 6 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer the cooked pork chops to a plate. Set aside in a warm place to rest for at least 5 minutes. Carefully drain off and discard any drippings from the pan.

5 Make the pan sauce:

- ☐ While the pork chops rest, to the pan of reserved fond, add **1/4 cup of water**, the **mustard**, the **remaining honey**, and the **remaining vinegar** (be careful, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond from the bottom of the pan, 2 to 3 minutes, or until thickened and saucy. Turn off the heat. Season with salt and pepper to taste.

6 Make the barley salad & plate your dish:

- ☐ Reserving the marinating liquid, drain the **marinated cucumber**. To the pot of **cooked barley**, add the **cooked vegetables**, **almonds**, **yogurt**, **reserved marinating liquid**, and a drizzle of olive oil. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the barley salad between 2 dishes. Top with the **rested pork chops**, **pan sauce**, and marinated cucumber (you may have extra cucumber). Garnish with the **remaining tarragon**. Serve with any remaining cucumber on the side. Enjoy!