

# Pork Cacciatore

with Charm Tomatoes &  
Fregola Sarda Pasta

**TIME:** 25-35 minutes

**SERVINGS:** 2

In Italy and the U.S., there are countless variations of dishes served alla cacciatore, or “hunter-style.” Many feature the summery duo of tomatoes and peppers, stewed until tender—the starting point for tonight’s dish. We’re cooking the vegetables in a sauce made with tangy tomato paste and red wine vinegar, then serving it on top of juicy pork chops and a bed of fregola sarda (a Sardinian toasted pasta) tossed with capers and oregano for more bright flavor.



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## Ingredients



2  
BONELESS,  
CENTER-CUT  
PORK CHOPS



2/3 cup  
FREGOLA SARDA  
PASTA



4 oz  
RED CHARM  
TOMATOES



1  
GREEN BELL  
PEPPER



1 bunch  
OREGANO

## KNICK KNACKS:



2 Tbsps  
TOMATO PASTE



1 tsp  
RED WINE  
VINEGAR



2 tsps  
CAPERS



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



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### 1 Cook & finish the pasta:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the **oregano**. Pick the oregano leaves off the stems; discard the stems.
- ☐ Once the pot of water is boiling, add the **pasta** and cook 14 to 16 minutes, or until al dente (still slightly firm to the bite). Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **capers**, **half the oregano**, and a drizzle of olive oil. Stir to combine. Season with salt and pepper to taste. Set aside in a warm place.

### 2 Cook the pork chops:

- ☐ While the pasta cooks, pat the **pork chops** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan, heat 2 teaspoons 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.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.

### 3 Prepare the tomatoes & pepper:

- ☐ While the pork chops cook, wash and dry the tomatoes and pepper.
- ☐ Cut off and discard the pepper stem. Halve the pepper lengthwise; remove and discard the ribs and seeds. Thinly slice the pepper lengthwise.
- ☐ Halve the tomatoes; place in a bowl and season with salt and pepper.

### 4 Start the vegetables:

- ☐ Add the **pepper** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Add the **tomato paste**. Cook, stirring frequently, 1 to 2 minutes, or until dark red and fragrant.

### 5 Finish the vegetables:

- ☐ To the pan, add the **seasoned tomatoes** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- ☐ Add the **vinegar** and **½ cup of water** (be careful, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 2 to 3 minutes, or until slightly thickened and saucy. Turn off the heat. Season with salt and pepper to taste.

### 6 Plate your dish:

- ☐ Divide the **finished pasta** between 2 dishes. Top with the **cooked pork chops** and **finished vegetables**. Garnish with the **remaining oregano**. Enjoy!