

# Pork Chops & Balsamic-Pear Compote

with Fennel & Sweet Potatoes

TIME: 30-40 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

We're partnering with Whole30® to bring you the fifth of eight weeks of delicious recipes. You'll pair savory pork chops with a tangy-sweet compote—simply pear and onion cooked with balsamic vinegar—in this Tuscan-inspired dish.

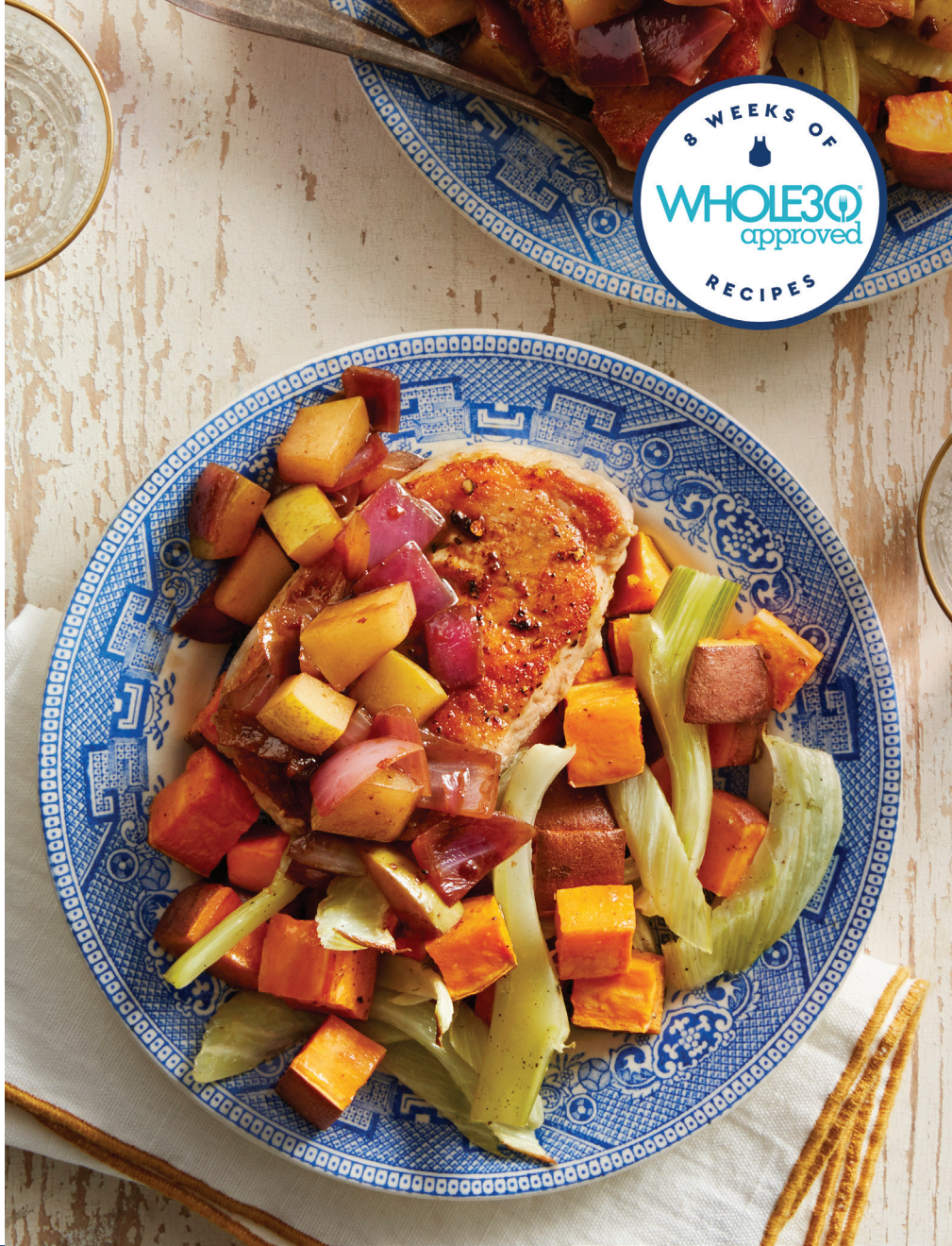


## MATCH YOUR BLUE APRON WINE



Bold & Spicy

Whole30® guidelines do not permit alcohol consumption.



## Ingredients



2  
BONELESS,  
CENTER-CUT  
PORK CHOPS



1  
PEAR



1  
RED ONION



1  
FENNEL BULB



2  
SWEET POTATOES



2 cloves  
GARLIC

## KNICK KNACKS:



2 Tbsps  
BALSAMIC  
VINEGAR



¼ tsp  
CRUSHED RED  
PEPPER FLAKES



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## 1 Prepare & roast the vegetables:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the **garlic**; using the flat side of your knife, smash each clove once to flatten. Halve the **fennel** lengthwise; cut out and discard the core, then cut lengthwise into ¼-inch-thick pieces. Medium dice the **sweet potatoes**.
- ☐ Place the vegetables on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Cook the pork chops:

- ☐ While the vegetables roast, pat the **pork chops** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium 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.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to plate and loosely cover with aluminum foil to keep warm. Set aside to rest for at least 5 minutes.

## 3 Prepare the remaining ingredients:

- ☐ While the pork chops cook, peel and small dice the **onion**.
- ☐ Core and small dice the **pear**.



## 4 Make the compote:

- ☐ While the pork chops rest, add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **diced onion**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☐ Add the **diced pear, vinegar, ½ cup of water, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until the pear is slightly softened and most of the liquid has cooked off.
- ☐ Turn off the heat and stir in a drizzle of olive oil. Season with salt and pepper to taste.

## 5 Serve your dish:

- ☐ Serve the **rested pork chops** with the **roasted vegetables**. Top the pork chops with the **compote** and a drizzle of olive oil. Enjoy!

