

IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🖨 icon) and instructions tailored to you.*

Ingredients

Customized ingredients





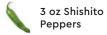
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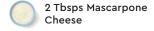




This sweet, tangy variety contains antioxidants and probiotics.









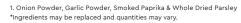




Chef Sam Kass

We've partnered with public health advocate and chef Sam Kass to bring you recipes that showcase just how easy (and delicious) balanced eating can be. Here, tender pork chops are served with hearty farro—toasted and cooked slowly for rich flavor and texture similar to risotto.





Prepare the ingredients & start the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- · Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Peel and finely chop the shallot.
- · Peel and roughly chop 2 cloves of garlic.
- Cut the mushrooms into bite-sized pieces.
- Cut off and discard the stems of the peppers; cut crosswise into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a bowl, combine the **honey** (kneading the packet before opening), demi-glace, and vinegar.

2 Start the farro

- In a medium pot, heat 2 teaspoons of olive oil onmedium-high until hot.
- Add the chopped shallot and chopped garlic; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the farro. Cook, stirring frequently, 1 to 2 minutes, or until toasted and
- Add the verjus (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Carefully add 3 cups of water; season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to medium-high. Cook, stirring frequently, 24 to 26 minutes, or until the farro is tender and most of the liquid has cooked off.
- Turn off the heat; cover to keep warm.

3 Roast the vegetables

- Meanwhile, line a sheet pan with foil.
- Place the mushroom pieces and pepper pieces on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



For the

base of this

risotto, we've

opted for hearty

farro—rich in both

protein and fiber.

4 Cook the pork

- Meanwhile, pat the pork dry with paper towels; season on both sides with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot



- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- · Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and enough of the spice blend to coat (you may have extra).
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to two serving dishes.

5 Finish the sauce

- · To the pan of reserved fond, add the sauce (carefully, as the liquid may splatter); season with salt and pepper. Cook on mediumhigh, stirring frequently, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat.



6 Finish the farro & serve your dish

- To the pot of cooked farro, add the roasted vegetables. mascarpone, and half the parmesan. Season with salt and pepper; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the rested pork crosswise.
- Serve the sliced pork with the finished farro. Top the pork with the pan sauce. Garnish with the remaining parmesan. Enjoy!



- Finish the farro as directed in Step 6.
- Serve the **cooked fish** with the **finished farro**. Top the fish with the pan sauce. Garnish with the remaining parmesan. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for pork and fish

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.



