

Apple Cider-Honey Pork Chops

with Roasted Shishito & Mushroom Farrotto

2 SERVINGS

⌚ 45-55 MINS

 **Blue Apron**
blueapron.com




🔗 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

 2 Boneless, Center-Cut Pork Chops 🔄


 2 ½ Tbsps Chicken Demi-Glace 🔄


SWAPPED FOR:

 2 Skin-On Salmon Fillets 🔄


 2 ½ Tbsps Vegetarian Demi-Glace 🔄

 1 Tbsp Honey

 ½ cup Semi-Pearled Farro

 3 oz Shishito Peppers

 ¼ cup Grated Parmesan Cheese

 2 Tbsps Apple Cider Vinegar


 2 cloves Garlic

 4 oz Mushrooms

 1 Shallot

 2 Tbsps Mascarpone Cheese

 1 Tbsp Verjus Blanc

 1 Tbsp Weeknight Hero Spice Blend¹

This sweet, tangy variety contains antioxidants and probiotics.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.



BLUE APRON
x
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.



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

1 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** on medium-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 fragrant.
- 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 liquid has cooked off.
- Turn off the heat; cover to keep warm.



For the base of this risotto, we've opted for hearty farro—rich in both protein and fiber.

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.



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 medium-high, 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!



↔ CUSTOMIZED STEP 6 If you chose Salmon

- 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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety
CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.
Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [i](#) [@](#) Share your photos with #blueapron

