

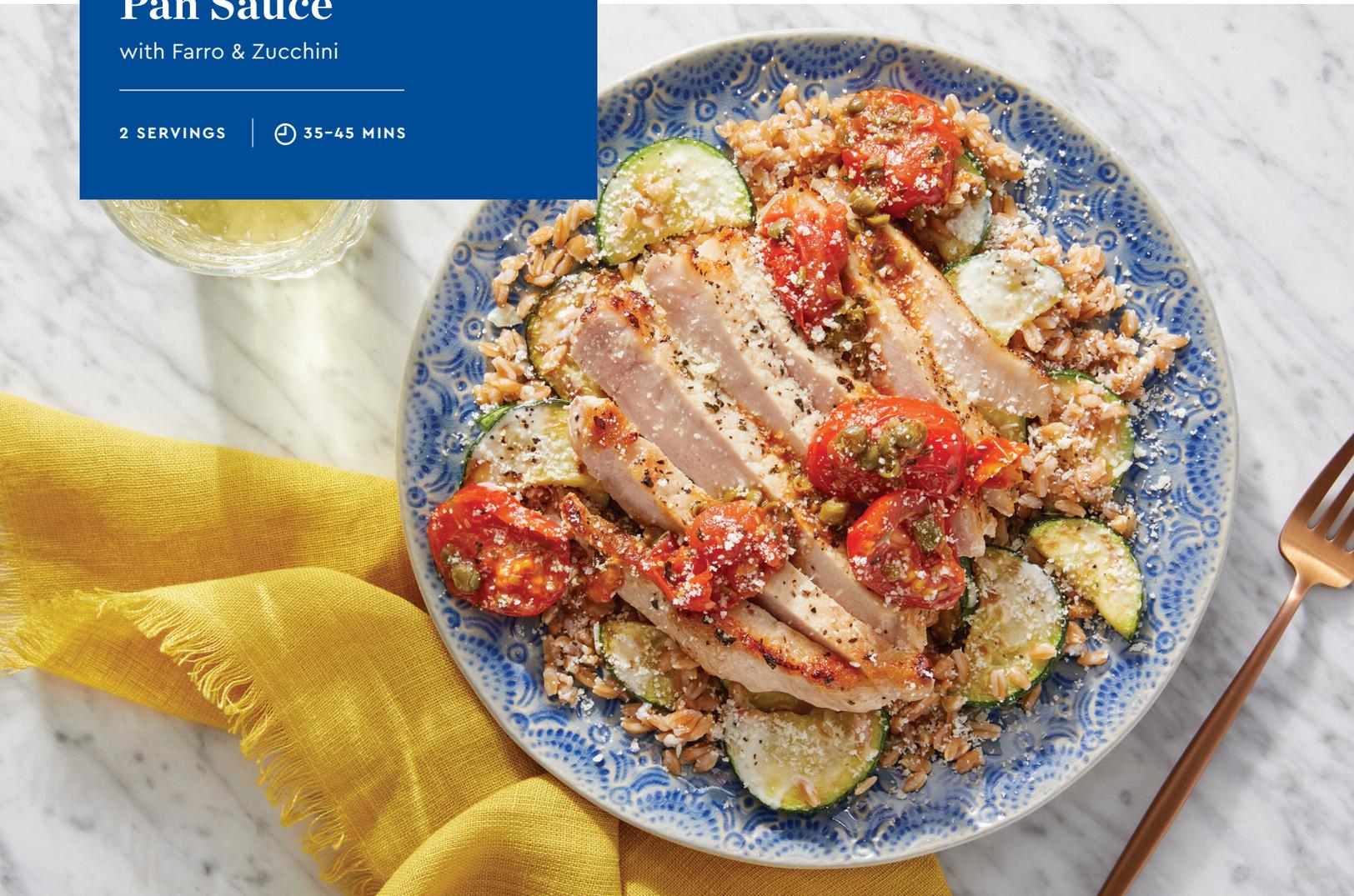
# Oregano Pork Chops & Fresh Tomato Pan Sauce

with Farro & Zucchini

2 SERVINGS

35-45 MINS

 **Blue Apron**  
blueapron.com



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

## Ingredients

Customized ingredients

 2 Boneless, Center-Cut Pork Chops 

SWAPPED FOR:

 2 Skin-On Steelhead Trout Fillets 

 2 cloves Garlic

 1 tsp Whole Dried Oregano

 1/2 cup Semi-Pearled Farro

 4 oz Grape Tomatoes

 2 Tbsps Crème Fraîche

 1 Zucchini

 1 Tbsp Capers

 1/4 cup Grated Parmesan Cheese



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



12

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints.

Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints™ program, visit [ww.com](https://ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.
- Roughly chop the **capers**.



## 2 Cook the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



## 3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a plate. Cover with foil to keep warm.
- Wipe out the pan.



## 4 Cook the pork

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and **half the oregano**.
- In the same pan, heat a drizzle 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.\*



## Step 4 continued:

- 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 Trout

- Pat the **fish** dry with paper towels; season only on the skinless side with salt, pepper, and **half the oregano**.
- In the same pan, heat a drizzle 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 a plate.

## 5 Make the sauce

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring frequently and pressing on the tomatoes with the back of a spoon, 1 to 2 minutes, or until slightly softened.
- Add the **chopped capers** and **remaining oregano**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Add  $\frac{1}{2}$  **cup of water** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked zucchini**, **crème fraîche**, and **half the cheese**. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **finished farro** topped with the **sliced pork** and **sauce**. Garnish with the **remaining cheese**. Enjoy!



## ↻ CUSTOMIZED STEP 6 If you chose Trout

- Finish the farro as directed in Step 6.
- Serve the **finished farro** topped with the **cooked fish** and **sauce**. Garnish with the **remaining cheese**. 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](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](http://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

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