

Cajun-Style Pork & Farro Salad

with Pepper Sour Cream

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



4 Boneless, Center-Cut Pork Chops



2 cloves Garlic



2 Scallions



1 Tbsp Cajun Spice Blend¹



1 cup Semi-Pearled Farro



4 stalks Celery



½ cup Sour Cream



4 ears of Corn



1 oz Pickled Peppadew Peppers



2 Tbsps Hot Sauce



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



4 - 12

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 4-12 Points. 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.

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1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and roughly chop **2 cloves of garlic**.
- Small dice the **celery**.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- In a bowl, combine the **diced celery** and **corn kernels**.
- Roughly chop the **peppers**; place in a separate bowl. Add the **sour cream**; season with salt and pepper. Stir to combine.



3 Cook the pork

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



4 Cook the vegetables

- While the pork rests, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced white bottoms of the scallions** and **chopped garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until lightly browned.
- Add the **prepared celery and corn**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Turn off the heat.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked vegetables** and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. 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 **pepper sour cream**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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