

Ingredients*



2 Boneless, Center-Cut Pork Chops



½ cup Semi-Pearled



1 Zucchini



2 cloves Garlic



1 Tbsp Capers



4 oz Grape Tomatoes



2 Tbsps Crème Fraîche



1/4 cup Grated Parmesan Cheese



1 tsp Whole Dried Oregano

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Prepare the ingredients

- Fill a medium pot 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.*
- · Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

5 Make the sauce

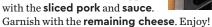
- While the pork rests, in the pan of reserved fond, heat a drizzle of olive oil on medium-high until hot.
- Add the halved tomatoes: season with salt and pepper. Cook, stirring frequently and pressing on the tomatoes with the back of a spoon, 1 to 2 minutes, or until slightly softened.



- Add the chopped capers and remaining oregano. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Add 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.





*The USDA recommends a minimum safe cooking temperature of 145°F for pork. Produced in a facility that processes crustacean shellfish,



