



AUG
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Pan-Seared Pork Chops

with Shallot Thyme Pan Sauce, Peach Arugula Salad, and Couscous

Did you know that the average worker bee produces only $\frac{1}{12}$ teaspoon of honey in a lifetime? This means we have a whole lot of bees (and our brilliant chefs, of course) to thank for the sweet and herby pan sauce that's generously drizzled on top of tender pork. Oh—and there's also a touch of the sweet stuff in the salad dressing, so expect to be licking your lips after every bite.



Prep: 10 min
Total: 30 min



level 1



nut
free



dairy
free



Pork
Chops



Whole Wheat
Couscous



Peach



Arugula



Thyme



Vegetable Stock
Concentrate



Shallot



Balsamic
Vinegar



Honey

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Whole Wheat Couscous	1) ½ Cup	1 Cup
Peach	1	2
Arugula	2 oz	4 oz
Thyme	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Shallot	1	2
Balsamic Vinegar	1 T	2 T
Honey	1 t	2 t
Olive Oil*	5 t	10 t

*Not Included

Allergens

1) Wheat

Tools

Large bowl, Whisk, Small pot, Large pan

Nutrition per person Calories: 505 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 46 g | Carbs: 49 g | Sugar: 13 g | Sodium: 270 mg | Fiber: 4 g



1 Prep: Wash and dry all produce. Halve and peel the **shallot**. Thinly slice one half and mince the other. Strip the **thyme** off the sprigs before roughly chopping the leaves. Halve, pit, and slice the **peach** into wedges.



2 Make the vinaigrette: In a large bowl, whisk together ½ **teaspoon honey**, 1 **Tablespoon balsamic vinegar**, and a large drizzle of **olive oil** (to taste). Season with **salt** and **pepper**.



3 Make the couscous: Heat a drizzle of **olive oil** in a small pot over medium heat. Add the minced **shallot**. Cook, tossing, for 2-3 minutes, until softened. Add **1 cup water** and a large pinch of **salt**. Bring to a boil. Once boiling, add the **couscous**, cover, and remove from heat until the rest of the meal is ready.



4 Cook the pork: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **pork chops** on all sides with **salt** and **pepper** before adding them to the pan. Cook 3-4 minutes per side, or until cooked to desired doneness. Remove from pan and set aside to rest 5 minutes before thinly slicing.

5 Make the pan sauce: Add the sliced **shallot** and **thyme** to the same pan over medium heat. Cook, tossing, for 2-3 minutes, until softened, adding a drizzle of **olive oil** if necessary. Add the **stock concentrate**, ½ **teaspoon honey**, and ½ **cup water** to the pan. Scrape up all the browned bits from the bottom of the pan. Bring to a boil and reduce until thickened, 2-3 minutes. Taste and season with **salt** and **pepper**, if necessary.

6 Toss salad and serve: Toss the **arugula** and **peach wedges** into the **vinaigrette**. Season with **salt** and **pepper**. Fluff the **couscous** with a fork and season with **salt** and **pepper**. Serve the **pan-seared pork chops** on a bed of couscous with the **peach arugula salad** on the side. Drizzle with the **shallot thyme pan sauce** and enjoy!

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