

## **Pan-Seared Pork Chops**

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

Did you know that the average worker bee produces only 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











Whole Wheat







Arugula



Thyme



Vegetable Stock



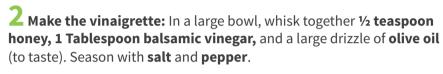


Ingredients		2 People	4 People	*Not Included
Pork Chops		12 oz	24 oz	Allergens
Whole Wheat Couscous	1)	½ Cup	1 Cup	1) Wheat
Peach		1	2	
Arugula		2 oz	4 oz	
Thyme		1/4 OZ	½ oz	
Vegetable Stock Concentrate		1	2	
Shallot		1	2	
Balsamic Vinegar		1 T	2 T	Tools
Honey		1 t	2 t	Large bowl, Whisk,
Olive Oil*		5 t	10 t	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.





**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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