



Bone-In Pork Chops and Mustard-Shallot Sauce

with Arugula-Spinach and Grape Salad

Special Plus 35 Minutes



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Pork Chops, bone-in



Wild Rice Medley



Red Grapes



Arugula and Spinach Mix



Shallot



Chives



Feta Cheese, crumbled



Seed Blend



White Wine Vinegar



Chicken Broth Concentrate



Whole Grain Mustard



Vegetable Stock Powder

HELLO FETA CHEESE

A salty, briny cheese with a crumbly texture!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Chops, bone-in	2	4
Wild Rice Medley	½ cup	1 cup
Red Grapes	170 g	340 g
Arugula and Spinach Mix	113 g	227 g
Shallot	50 g	100 g
Chives	7 g	14 g
Feta Cheese, crumbled	½ cup	1 cup
Seed Blend	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Whole Grain Mustard	1 tbsp	2 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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Cook rice

- Add **vegetable stock powder**, **wild rice medley**, **1 tbsp** (2 tbsp) **butter** and **1 cup** (2 cups) **water** to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and simmer until **rice** is tender and **liquid** is absorbed, 16-18 min.
- Remove from heat. Set aside, still covered.



Roast pork

- Remove the pan from heat, then transfer **pork** to an unlined baking sheet.
- Roast **pork** in the **top** of the oven until cooked through, 8-10 min.**
- When **pork** is done, transfer to a clean cutting board to rest, 2-3 min.



Prep and make dressing

- Meanwhile, halve **grapes**.
- Peel, then cut **shallot** into ⅛-inch slices.
- Thinly chop **chives**.
- Add **vinegar**, ½ **tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **grapes** to the bowl with **dressing**.



Make pan sauce

- Rinse and wipe the pan (from step 3) clean.
- Reheat the pan over medium-high.
- Add **2 tbsp** (4 tbsp) **butter** to the pan, then swirl until melted. Add **shallots**. Cook, stirring often, until golden, 2-3 min.
- Stir in **broth concentrate**, **mustard** and ¼ **cup** (½ cup) **water**. Bring to a simmer. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.



Prep and sear pork

- Pat **pork** dry with paper towels. Season all over with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **pork**. Pan-fry until golden-brown, 1-2 min per side.



Finish and serve

- Fluff **rice** with a fork, then stir in **half the chives**.
- Thinly slice **pork**.
- Stir in **any resting juices** from **pork** into **sauce**.
- Add **arugula and spinach mix** to the bowl with **dressing and grapes**, then toss to combine.
- Divide **pork**, **rice** and **salad** between plates.
- Spoon **pan sauce** over **pork** and sprinkle **remaining chives** over top.
- Sprinkle **feta** and **seed blend** over **salad**.

Dinner Solved!