



FENNEL-SPICED PORK

Pear sauce, frisée salad with beets & hazelnuts

COOK TIME
45 MIN

SERVINGS
2

CALORIES PER SERVING
820

MENU
GLUTEN-FREE

A boldly flavored dinner perfect for the holidays! Boneless pork chops are seasoned with an anise-forward spice blend (featuring fennel, rosemary, and orange peel), then braised with Bosc pear and shallot. It's all served with black lentils studded with celery, carrots, and garlic. A frisée salad — tossed with roasted beet and hazelnuts — adds a fresh element on the side.

INGREDIENTS (11 ITEMS)

- 2 (5 oz) **Boneless pork chops**
- ¾ tbsp **Fennel-rosemary spice blend**
- ¾ cup & 1 cube **Black lentils & vegetable bouillon**
- 1 whole **Bosc pear**
- ½ cup **Cranberry balsamic vinaigrette**
- 2 ¼ oz **Celery, carrots & garlic**
- ¼ oz **Parsley**
- 1 oz **Hazelnuts** ^T
- 1 each **Golden beet & shallot**
- 2 oz **Frisée**
- 1 tbsp **Butter** ^D

WHAT YOU'LL NEED

- basic cooking tools
- basic pantry items
- small pot
- medium oven-safe sauté pan
- baking sheet
- large bowl
- measuring cup & spoons
- peeler
- thermometer
- oven mitt

ALLERGENS

- ^T TREE NUT
- ^D DAIRY



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

Green Chef is a USDA Certified Organic company. Look for the "USDA Organic" seal on our ingredients.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com



1 COOK LENTILS

- Preheat oven to 425 degrees.
- Bring **black lentils**, 2 ½ cups lightly salted water, and **celery, carrots, and garlic** to a boil in a small pot.* Once boiling, crumble half of the **vegetable bouillon** over pot. Stir to dissolve. Reduce heat to medium-low. Simmer 30-35 minutes, or until lentils are tender, stirring occasionally. If needed, strain lentils with a fine-mesh strainer and return to pot.

**Heads Up: Remove bouillon before adding lentils to the pot.*

2 PREP, SEASON & ROAST BEET

- Cut ends off **golden beet** and peel. Quarter beet lengthwise. Cut across into about ¼-inch thick quarter moons.
- Place beet in a large bowl. Drizzle with 1-2 tablespoons cooking oil. Season with salt, pepper, and ½ teaspoon of the **fennel-rosemary spice blend**. Toss to coat. Spread beet out on a lightly oiled foil-lined baking sheet. Roast 20-25 minutes, or until tender, stirring halfway through. Let cool for about 5 minutes.

See Step 7 to finish.

3 TOAST HAZELNUTS

- Place **hazelnuts** in a dry medium oven-safe sauté pan over medium heat. Toast 5-7 minutes, or until fragrant, shaking pan frequently.
- Transfer hazelnuts to a kitchen towel. Wrap tightly. Let steam for about 10 minutes. Rub hazelnuts until skins release. Roughly chop cooled nuts.

See Step 7 to finish.

4 PREP PEAR, SHALLOT, PORK & BROTH

- Stand **Bosc pear** upright and cut off sides around core; discard core. Medium dice pear into about ½-inch pieces.
- Cut ends off **shallot** and remove peel. Halve lengthwise. Lay flat and cut lengthwise into about ½-inch thick slices.
- Season both sides of **boneless pork chops** with remaining **spice blend**, salt, and pepper.
- Crumble remaining **bouillon** into ½ cup warm water. Stir to dissolve.

5 COOK PORK & PEAR

- Heat 1-2 tablespoons cooking oil in pan used for nuts over medium-high heat. Add **pork** to hot pan. Sear 2-3 minutes, or until browned. Flip.
- Add **shallot** and **pear** to pan around pork. Lightly season shallot and pear with salt and pepper. Cook 2-3 minutes, stirring occasionally.
- Carefully pour **broth** into pan around pork. Transfer pan to oven. Roast 5-7 minutes, or until pork is fully cooked (or to desired doneness).*

**Take Note: Pork chops are fully cooked when internal temperature reaches 145 degrees.*

6 MAKE PAN SAUCE

- Transfer **pork** to cutting board (let rest for at least 3 minutes). Add **butter** to pan with shallot and pear. Stir until butter melts (handle is still hot!).

7 MAKE SALAD

- Cut root end off **frisée**, if present. Cut leaves into bite-size pieces. Place frisée in bowl used for beet. Transfer **beet** and **hazelnuts** to bowl. Drizzle with **cranberry balsamic vinaigrette** to taste. Salt and pepper to taste. Toss to combine.

8 PLATE YOUR DISH

- Cut **pork chops** into 5-8 slices each.
- De-stem **parsley**; roughly chop leaves. Add about half of the parsley to pot with lentils; stir.
- Divide **lentils** between plates and spoon pear sauce next to lentils. Fan pork to the side. Garnish with remaining parsley. Serve salad on the side. Enjoy!

