



Tamari-Glazed Pork Chop

with Farro & Bell Pepper Stir-Fry



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, grown in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—similar to rice, barley, or quinoa.

What we send

- 1 bell pepper
- 2 scallions
- 2 oz tamari soy sauce ⁶
- 4 oz farro ¹
- 3 oz baby spinach
- 12 oz pkg ribeye pork chop

What you need

- kosher salt & ground pepper
- balsamic vinegar (or apple cider vinegar) ¹⁷
- sugar
- neutral oil

Tools

- medium saucepan
- fine-mesh sieve
- medium heavy skillet

Allergens

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

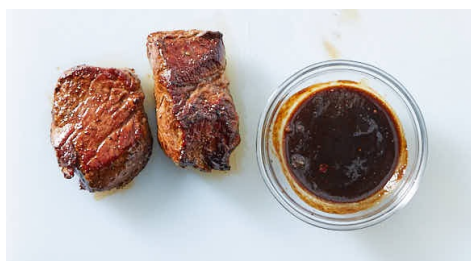
Nutrition per serving

Calories 710kcal, Fat 32g, Carbs 56g, Protein 49g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Quarter **pepper**, discard stem seeds, then cut crosswise into ½-inch thick slices. Trim **scallions**, then thinly slice. In a small bowl, stir to combine **tamari**, **3 tablespoons vinegar**, and **2 teaspoons sugar** until sugar is dissolved. Set aside until step 4.



4. Glaze pork

Add **tamari-vinegar** mixture to skillet with **pork** and cook, flipping until glazed and sauce is reduced to ¼ cup, about 2 minutes. Transfer pork to a cutting board to let rest, 5 minutes. Transfer **glaze** to a small bowl. Rinse skillet and wipe dry.



2. Cook farro

Add **farro** to saucepan with boiling **salted water** and cook until tender, 18-20 minutes. Drain well in a fine-mesh sieve and return farro to saucepan.



5. Stir-fry peppers & farro

While **pork** rests, heat **2 teaspoons oil** in same skillet over high. Add **peppers** and cook until crisp-tender, 2-3 minutes. Add **farro**, **half of the scallions**, and **1 tablespoon oil**. Cook, stirring, until warmed through, about 2 minutes. Stir in **half of the glaze** until farro and peppers are coated.



3. PORK VARIATION

Pat **pork** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium heavy skillet over medium-high. Add pork and cook until well browned and just cooked through, about 3 minutes per side.



6. Finish & serve

Add **spinach** to skillet with **farro** and stir until wilted, about 1 minute. Season to taste with **salt** and **pepper**. Thinly slice **pork**.

Serve **farro stir-fry** topped with **sliced pork** and **any juices**. Drizzle **remaining glaze** over top and garnish with **remaining sliced scallions**. Enjoy!