



Cherry Gastrique-Glazed Pork Chops

with Parmesan Polenta & Apple-Kale Slaw



40-50min



2 Servings

Gastrique is a French sweet and sour sauce that combines sugar with vinegar to make a simply delicious, syrupy concoction. We throw in dried cherries before spooning it over juicy pork chops, then we serve it all with creamy Parmesan polenta and a crisp kale slaw studded with apples, walnuts, and shallots.

What we send

- 1 bunch curly kale
- 1 shallot
- 1 apple
- $\frac{3}{4}$ oz Parmesan ⁷
- 1 oz walnuts ¹⁵
- 3 oz quick-cooking polenta
- 12 oz pkg ribeye pork chop
- 1 oz dried cherries
- 1 oz sherry vinegar ¹⁷
- 1 pkt chicken broth concentrate

What you need

- neutral oil
- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- butter ⁷
- sugar

Tools

- microplane or grater
- medium skillet
- small saucepan

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1090kcal, Fat 60g, Carbs 84g, Protein 53g



1. Prep ingredients

Strip **kale leaves** from tough stems; discard stems. Stack and roll leaves; cut into thin ribbons. Thinly slice **half of the shallot**; finely chop remaining. Cut **apple** into $\frac{1}{4}$ -inch thick planks, discarding core; cut planks into thin matchsticks. Finely grate **Parmesan**.

In a medium skillet, cook **walnuts** over high heat, stirring frequently, until lightly toasted, 2-3 minutes.



4. Cook pork

Pat **pork** dry; season all over with **salt** and **pepper**.

In reserved skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add pork (it should sizzle vigorously) and cook until golden-brown and medium (145°F internally), 2-3 minutes per side (or longer for desired doneness). Transfer to a plate.



2. Mix slaw

Transfer **walnuts** to a cutting board; coarsely chop. Wipe out and reserve skillet.

In a large bowl, massage **kale** with **2 tablespoons oil** until dark green and wilted. Mix in **apples, walnuts, sliced shallots, half of the Parmesan**, and **1 tablespoon apple cider vinegar** (or more to taste). Season to taste with **salt** and **pepper**. Set aside until ready to serve.



5. Cook cherry gastrique

Lower heat to medium; add **chopped shallots** to same skillet. Cook, stirring often, until softened and golden, 1-2 minutes. Add **cherries, sherry vinegar, broth concentrate, $\frac{1}{4}$ cup water**, and **2 tablespoons sugar**. Cook over high heat until sauce is thickened and syrupy, 3-5 minutes.



3. Cook polenta

In a small saucepan, bring **2 $\frac{3}{4}$ cups water** and **1 teaspoon salt** to a boil. Slowly whisk in **polenta**. Reduce heat to low and cook, whisking occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Off heat, stir in **remaining Parmesan** and **2 tablespoons butter**; season to taste with **salt** and **pepper**. Keep covered until ready to serve.



6. Finish & serve

Return **pork** and **any resting juices** to skillet. Cook, spooning **sauce** over top, until glazed and sticky, 1 minute. Warm **polenta** over medium heat (loosen with water if too thick).

Serve **pork** with **slaw** and **polenta** alongside. Enjoy!