



## Seared Pork Salad with Maple-Glazed Pears

Blue Cheese & Walnuts

 40min  2 Servings

If the aromas of sweet and savory roasted pears and sweet potatoes don't make your stomach growl, the sizzling pork chops will. This autumnal meal features juicy pork chops atop a fresh spinach salad with the roasted fruit and veggies, plus blue cheese, toasted walnuts, and a drizzle of the warm pan vinaigrette. The combination of textures and flavors create an ultra-satisfying dinner that you'll have on repeat all year long.

## What we send

- 1 sweet potato
- 1 pear
- 1 oz walnuts <sup>15</sup>
- 12 oz pkg ribeye pork chop
- 1 pkt Dijon mustard <sup>17</sup>
- 1 oz maple syrup
- 3 oz baby spinach
- 1 oz blue cheese crumbles <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or apple cider vinegar) <sup>17</sup>

## Tools

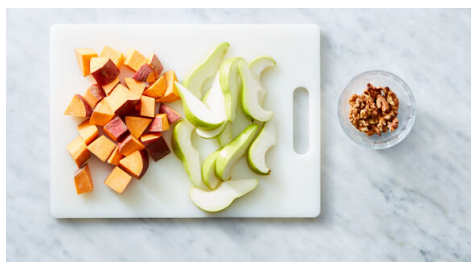
- rimmed baking sheet
- medium skillet

## 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 960kcal, Fat 63g, Carbs 52g,  
Protein 45g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third.

Cut **sweet potato** into 1-inch pieces. Halve **pear** lengthwise, remove core and stem, then cut each half into ½-inch thick wedges.

Transfer **walnuts** to a rimmed baking sheet. Bake on lower oven rack until toasted and fragrant, 6-8 minutes (watch closely as nuts can burn easily). Transfer to a bowl.



### 4. Make vinaigrette

Reduce skillet heat to medium. Add **2 tablespoons water** and cook, stirring and scraping up any browned bits from the bottom, about 30 seconds.

Off heat, add **Dijon mustard, ½ teaspoon maple syrup, 2 tablespoons oil**, and **1 teaspoon vinegar**. Whisk to combine; thin with water to reach desired consistency. Season to taste with **salt and pepper**.



### 2. Roast pears & potatoes

Add **pears** and **sweet potatoes** to same rimmed baking sheet, keeping them separate. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

Roast on lower oven rack until browned and tender, flipping halfway through, 25-30 minutes.



### 5. Glaze pears & potatoes

Toss **sweet potatoes** and **pears** with **remaining maple syrup**. Continue roasting until caramelized, about 5 minutes.



### 3. Sear pork

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

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add pork (it should sizzle vigorously) and cook until golden brown and medium (145°F internally) or longer if desired, 2-3 minutes per side. Transfer to a cutting board.



### 6. Finish & serve

Toss **spinach** with **a drizzle of oil and vinegar** and **a pinch of salt**. Thinly slice **pork**.

Serve **spinach** with **pears, sweet potatoes, walnuts, blue cheese**, and **pork** over top. Drizzle with **warm vinaigrette**. Enjoy!