



**LOW CARB**

**NO ADDED GLUTEN**

## **Pan-Seared Pork Chops** with Celery-Radish-Apple Salad & Pecans

 30min  2 Servings

An easy way to take your home-cooked meal from just okay to restaurant-worthy is with a pan sauce. Here, we pan sear pork chops till juicy then use the fond (the precious browned bits left in the skillet) to make a luscious sauce. Add sweet shallots, fresh thyme, a splash of vinegar, and a pat of butter, and, eureka! You've got liquid gold.

## What we send

- ¼ oz fresh thyme
- 12 oz boneless pork chops
- 1 shallot
- 2 oz celery
- 1 apple
- 2 oz radish
- ¼ oz fresh parsley
- 1 lemon
- 1 oz pecans <sup>15</sup>

## What you need

- kosher salt & pepper
- olive oil
- sugar
- apple cider vinegar (or red wine vinegar)
- 1 Tbsp butter <sup>7</sup>

## Tools

- meat mallet (or heavy skillet)
- medium skillet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 960kcal, Fat 77g, Carbs 34g, Protein 39g



### 1. Prep ingredients

Pick **1 teaspoon thyme leaves**; reserve 2 sprigs for step 5. Pat **pork chops** dry and trim any excess fat if necessary. Using a meat mallet (or heavy skillet), pound to even ½-inch thickness. Press thyme leaves into both sides of pork and season with **salt** and **pepper**. Let sit until step 4.



### 4. Cook pork

Add **1 tablespoon oil** to same skillet and heat over medium-high until shimmering. Add **pork** and cook until browned on both sides and cooked through, 6-8 minutes total. Transfer pork to a plate.



### 2. Prep salad

Trim **shallot**; thinly slice ¼ cup and finely chop 1 tablespoon. Thinly slice **celery** on an angle. Quarter, core, and thinly slice **apple**. Thinly slice **radishes**. Pick **parsley leaves from stems**. Into a medium bowl, grate **¼ teaspoon lemon zest** and squeeze **1 tablespoon juice**; whisk in **2 tablespoons oil** and a **pinch each salt, pepper, and sugar**. Add sliced shallots.



### 5. Make pan sauce

Add to skillet, **1 tablespoon oil**, **chopped shallot**, and **2 thyme sprigs**; cook over medium, stirring, until shallot is golden, 1 minute. Add **2 tablespoons each water and vinegar**, scraping up browned bits. Add **1 tablespoon butter**; cook, stirring, until butter is melted and sauce is thickened, about 2 minutes. Stir in **any juices from pork**; discard thyme sprigs.



### 3. Toast pecans

Coarsely chop **pecans** if necessary. Heat **1 teaspoon oil** in a medium skillet over medium-high heat. Add pecans and cook, stirring, until lightly browned, 2-3 minutes. Transfer to a plate and sprinkle with **salt**. Wipe out skillet.



### 6. Finish salad & serve

To bowl with **dressing**, add **apple**, **celery**, **radish**, and **parsley leaves**; toss to combine. Season with **salt** and **pepper**. Serve **salad** topped with **toasted pecans** alongside **pork chops**. Spoon **pan sauce** over **pork**. Enjoy!