



Pork Chops & Sautéed Spinach

with Pears & Warm Mustard Dressing



20-30min



2 Servings

These 3 P's—pork chops, pears, and pecans—are perfectly delicious when combined on one plate. Crisp pears soften ever so slightly when cooked in a bit of butter, while toasted pecans add a lovely crunch. Don't forget to pat the pork chops dry before you sear them on the stovetop, to get that beautiful golden crust.

What we send

- 1 shallot
- 1 pear
- 1 oz pecans ²
- 12 oz boneless pork chops
- 1 oz whole grain mustard
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- white wine vinegar (or apple cider vinegar)

Tools

- medium skillet
- rimmed baking sheet

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 57g, Carbs 23g, Protein 38g



1. Prep ingredients

Preheat oven to 225°F. Peel and finely chop **about ½ cup shallot**. Halve **pear** lengthwise, scoop out core and stem, then cut each half into 6 wedges. Coarsely chop **pecans**, if necessary.



2. Toast pecans

Heat **1 teaspoon oil** in a medium skillet over medium-high. Add **pecan pieces** and cook, stirring, until lightly browned, 3-4 minutes (watch closely). Season with **salt** and transfer to a plate. Wipe out skillet.



3. Cook pork chops

Pat **pork chops** dry and season well all over with **salt** and **pepper**. Heat **1 tablespoon oil** in the same skillet over medium-high. Add **pork chops** and cook until browned on both sides, about 6 minutes total. Transfer to a rimmed baking sheet and place in the oven to keep warm while you cook the **pears**.



4. Cook pears

Rinse and wipe out the skillet. Melt **1 tablespoon butter** over medium-high. When foam subsides, add **pears** in a single layer and cook, turning once, until lightly browned, 2-3 minutes. Transfer to the plate with **pecans**. Return skillet to medium-high.



5. Make dressing

Add **2 tablespoons oil** and **chopped shallots** to skillet; cook, stirring, until shallots are soft, 2-3 minutes. Add **3 tablespoons vinegar**; season with **salt** and **pepper**. Cook, scraping up brown bits that are stuck to the pan, until slightly reduced, 1-2 minutes. Add **1 tablespoon mustard** (or more) and **any pan drippings** from pork. Simmer until slightly reduced, 1-2 minutes.



6. Finish & serve

Place **pork chops** on plates. Remove skillet from heat, add **baby spinach**, and turn once or twice until coated in **dressing** but not completely wilted. Serve **spinach** alongside **pork**, scraping up **dressing** from the pan and pouring over the top. Garnish with **pears** and **pecans**. Enjoy!