



Pan-Roasted PORK CHOP with Persian Spices,

Couscous & Green Beans



30-40min



2 Servings

Juicy pork chops are coated in a powerhouse combination of spices and aromatics inspired by Persian flavors, including fennel seed, coriander, orange zest, and sumac. The couscous and pork chops are coated in a vibrant dressing of fresh parsley and orange juice because no Persian meal is complete without a punch of fresh flavor.

What we send

- ½ lb green beans
- garlic
- 1 orange
- 12 oz pkg boneless pork chops
- fennel seeds
- coriander seeds
- sumac (use 1 tsp)
- 3 oz couscous ¹
- ½ oz fresh parsley

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- meat mallet (or heavy skillet)
- small saucepan
- rimmed baking sheet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 870kcal, Fat 52g, Carbs 46g, Proteins 57g



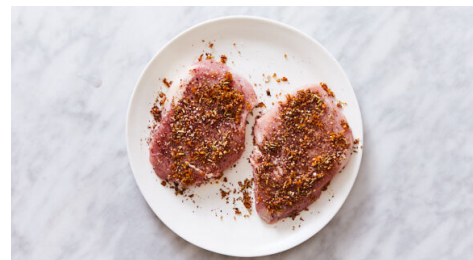
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim ends from **green beans**. Peel and thinly slice **1 garlic clove**, then finely chop **¾ teaspoon garlic**. Finely grate **1½ teaspoons orange zest**. Separately squeeze **1½ tablespoons orange juice** into a medium bowl. Pat **pork chops** dry, then pound to an even ½-inch thickness.



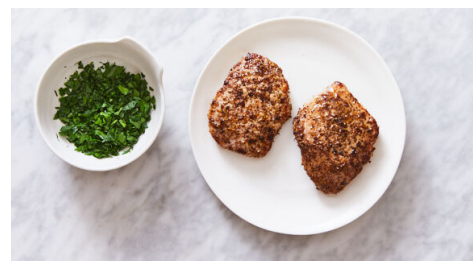
4. Roast green beans

On a rimmed baking sheet, toss **green beans, sliced garlic**, and **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until green beans are tender and browned in spots, 8-10 minutes.



2. Season pork chops

Using a meat mallet (or heavy skillet), coarsely crush **fennel seeds**, then separately crush **coriander seeds**. In a small bowl, stir to combine **orange zest, 1 teaspoon sumac, ¾ teaspoon crushed coriander, ½ teaspoon each of the crushed fennel and salt, and a few grinds of pepper**. Rub spice blend all over **pork chops**; set aside until step 5.



5. Cook pork chops

Pick **parsley leaves** from stems; discard stems and finely chop leaves. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **pork chops** and cook until browned on the bottom, 3-4 minutes. Flip pork, add **2 tablespoons water**, and cook until pork is cooked through to medium (145°F), 3-4 minutes more (or longer for well done).



3. Cook couscous

In a small saucepan, combine **½ cup water** and **¼ teaspoon salt**. Cover and bring to a boil over high heat. Stir in **couscous**, then remove from heat. Cover and let stand until ready to serve.



6. Finish & serve

To bowl with **orange juice**, whisk in **chopped garlic, ¼ cup oil**, and **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**, then stir in **chopped parsley**. Fluff **couscous** with a fork, then stir in **half of the dressing**. Serve **pork** with **couscous** and **green beans** alongside. Pass **remaining dressing** at the table to drizzle over, as desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**