



20 Min: Berbere Pork Chops

with Bulgur-Mint Salad & Garlicky Zucchini



under 20min



2 Servings

We add some pizzazz to these quick-cooking boneless pork chops with a sprinkle of berbere—an Ethiopian spice blend that includes chile, garlic, fenugreek, and warm spices like allspice and cinnamon. The lively spice blend pairs perfectly with garlicky sautéed zucchini and a bulgur wheat salad tossed with fresh mint, lemon, and feta cheese.

What we send

- 4 oz quick-cooking bulgur (use ½ cup) ¹
- 1 zucchini
- garlic (use 1 large clove)
- 1 lemon
- 12 oz pkg boneless pork chops
- berbere spice blend (use 1 tsp)
- ¼ oz fresh mint
- 1 piece feta cheese ⁷
- 1 container Greek yogurt ⁷

What you need

- kosher salt & pepper
- olive oil

Tools

- small saucepan
- fine-mesh sieve
- microplane or grater
- meat mallet (or heavy skillet)
- 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), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

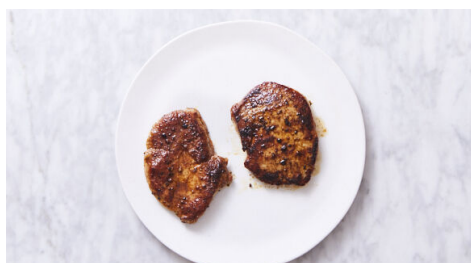
Nutrition per serving

Calories 740kcal, Fat 38g, Carbs 38g, Proteins 64g



1. Cook bulgur

In a small saucepan, combine **½ cup bulgur** (save rest for own use), **1¼ cups water**, and **¼ teaspoon salt**. Bring to a boil over high heat, then reduce to a simmer, cover, and cook until bulgur is tender, 10-12 minutes. Drain in a fine-mesh sieve, then let sit in sieve to cool until step 5, fluffing occasionally with a fork.



4. Cook pork chops

Heat **1 tablespoon oil** in same skillet over medium-high. Add **pork chops** and cook until browned and cooked to medium (145°F internally), about 3 minutes per side (or longer if no pink in center is desired). Transfer to a plate and cover to keep warm.



2. Prep ingredients

Meanwhile, trim ends from **zucchini**, then halve lengthwise; thinly slice crosswise into half-moons. Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**; separately squeeze **2 teaspoons lemon juice**. Cut any remaining lemon into wedges. Pat **pork chops** dry, then pound to an even ½-inch thickness. Season with **salt, pepper**, and **1 teaspoon berbere spice blend**.



5. Finish bulgur salad

Pick **mint leaves** from stems, then thinly slice leaves, discarding stems. Crumble **feta** into a medium bowl, then add **mint, bulgur, lemon zest, remaining lemon juice**, and **2 teaspoons oil**, stirring to combine. Season to taste with **salt and pepper**.



3. Sauté & dress zucchini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **zucchini** and **a pinch each of salt and pepper**; cook until zucchini is tender and browned in spots, 3-4 minutes. Stir in **½ teaspoon of the garlic**; cook until fragrant, about 30 seconds. Transfer to a bowl, then stir in **1 teaspoon of the lemon juice** and **1 teaspoon oil**; cover to keep warm. Wipe out skillet.



6. Season yogurt & serve

In a small bowl, stir to combine **yogurt, remaining chopped garlic**, and **1 teaspoon oil**. Season to taste with **salt and pepper**. Spoon **yogurt** onto plates, then top with **zucchini and any dressing**. Serve **pork chops** and **bulgur-mint salad** alongside with **any lemon wedges** for squeezing. Enjoy!