



JUN
2016

Seared Pork Chops

with Oregano-Mint Pesto, Quinoa, and Roasted Veggie Skewers

Oregano and mint ought to get to know each other more, because we think they make a great couple. Spooned over juicy, pan-seared pork chops, this bright and tangy pesto truly shines. If you've never broiled veggies before, you're in for a treat: they become sweet and caramelized in the oven. If you have a grill, feel free to use it instead of the oven, this is a great recipe for it!



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



gluten free



Pork Chops



Oregano



Wooden
Skewers



Mint



Red Onion



Quinoa



Garlic



Red Bell
Pepper



Lemon



Zucchini



Vegetable Stock
Concentrate

Ingredients

	2 People	4 People
Pork Chops	12 oz	24 oz
Oregano	¼ oz	½ oz
Mint	¼ oz	½ oz
Garlic	2 Cloves	4 Cloves
Red Onion	1	2
Quinoa	½ Cup	1 Cup
Red Bell Pepper	1	2
Zucchini	1	2
Vegetable Stock Concentrate	1	2
Lemon	1	1
Wooden Skewers	4	8
Olive Oil*	2 T	4 T

*Not Included

Allergens

None

Tools

Small pot, Shallow dish, Zester, 2 Small bowls, Baking sheet, Large pan

Ruler

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Nutrition per person Calories: 646 cal | Fat: 28 g | Sat. Fat: 6 g | Protein: 47 g | Carbs: 56 g | Sugar: 9 g | Sodium: 284 mg | Fiber: 11 g

1



1 Prep the ingredients: Wash and dry all produce. Preheat the broiler to high or the oven to 500 degrees. **HINT:** If you have a grill, heat it up to high! You can cook the skewers and pork chops there. In a small pot, bring **1 cup water** and a large pinch of **salt** to a boil. Soak the **skewers** in a shallow dish filled with water. Halve, peel, and slice the **onion** into ½-inch wedges. Core, seed, and cut the **bell pepper** into 1-inch pieces. Halve the **zucchini** lengthwise and slice into half moons. Mince or grate the **garlic**. Zest, then halve the **lemon**.

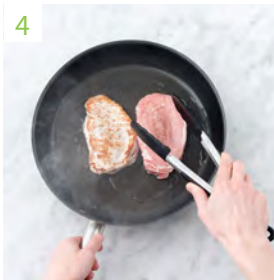
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2 Cook the quinoa: Place the **quinoa** and **stock concentrate** into the boiling water, cover, and reduce to a low simmer for about 15 minutes, until tender. Keep covered until the rest of the meal is ready.

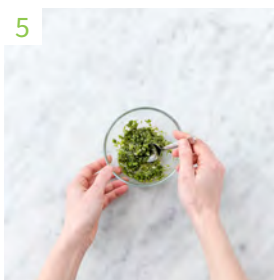
3 Make the skewers: In a small bowl, combine **half the lemon zest**, **half the garlic**, and a large drizzle of **olive oil**. Thread the **bell pepper**, **onion**, and **zucchini** onto the **skewers**, alternating between each. Place onto a baking sheet. **TIP:** If you're short on time, you can broil the veggies un-skewered, too! Drizzle the **oil mixture** over the veggies and season with **salt** and **pepper**. Broil for about 8 minutes, turning halfway through cooking, until lightly caramelized.

4



4 Cook the pork chops: Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the **pork chops** on both sides with **salt** and **pepper**. Add them to the pan and cook for 4-5 minutes per side, until golden brown and cooked to desired doneness. Set aside to rest for 5 minutes.

5



5 Make the pesto: Mince the **oregano** and **mint leaves**. In a small bowl, combine the **oregano**, **mint**, remaining **lemon zest**, a large drizzle of **olive oil**, a pinch of **garlic** (to taste) and a squeeze of **lemon juice** (to taste). Season with **salt** and **pepper**.

6 Plate: Serve the **roasted veggie skewers** on a bed of **quinoa** with the **pork chops** alongside. Drizzle over top with the **oregano-mint pesto** and enjoy!