





ONE POT

KETO FRIENDLY

Garlic-Herb Pork Chop

with Peach, Arugula & Parmesan Salad

 30-40min  2 Servings

We are deep into the long days of summer, which means it's peach season! Sweet, juicy peaches are a delectable summer treat as is, but giving them a hard sear in a skillet brings out the sweetness and adds a delightful lightly charred flavor. The seared sweet peaches are tossed with peppery arugula and super savory Parmesan, all coated in a tangy shallot vinaigrette.

What we send

- bone-in pork chops
- garlic
- thyme
- peach
- arugula
- shallot
- Parmesan

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- box grater or microplane

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.

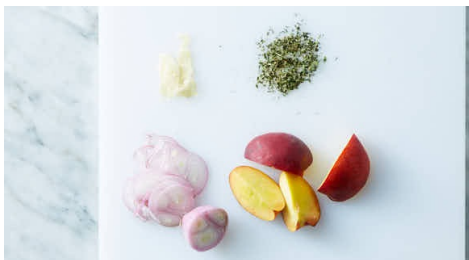
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 49g, Carbs 15g, Proteins 43g



1. Prep ingredients

Halve, peel, and thinly slice **¼ cup shallot**. Peel and thinly slice **1 large garlic clove**. Pick **1½ teaspoons of thyme leaves from stems**; discarding stems, then coarsely chop leaves (save rest for own use). Halve **peach** and remove and discard pit, then cut into quarters.



4. Brown pork & peaches

Heat **2 teaspoons oil** in a medium, heavy skillet over medium-high. Add **peaches**. Cook, turning occasionally, until charred, 3-4 minutes. Transfer to cutting board. Add **pork chops** and **1 teaspoon oil** to skillet. Cook, flipping every minute, until golden-brown and medium, 6-8 minutes. Remove skillet from heat.



2. Prep salad

Transfer **shallots** to a medium bowl. Add **2 teaspoons each vinegar and water**. Whisk in **1½ tablespoons oil**, then season to taste with **salt** and **pepper**. Coarsely grate **Parmesan** on large holes of box grater.



5. Build garlic-herb butter

Off the heat, add **sliced garlic**, **1 teaspoon of the chopped thyme**, and **2 tablespoons butter**. Baste the **pork chops** with butter, until garlic and thyme are fragrant, about 1 minute. (The residual heat will melt the butter and cook the garlic.) Transfer pork chops to plates, season with pepper, and pour garlic-herb butter over top.



3. Season pork chops

Pat **pork chops** dry, then season all over with **1 teaspoon salt** and **a few grinds pepper**.



6. Finish & serve

Thinly slice **peaches**. Transfer along with **arugula**, and **Parmesan** to bowl with **shallot vinaigrette**, stirring to combine. Season to taste with **salt** and **pepper**. Garnish **garlic-herb pork chops** with **remaining chopped thyme** and serve with **salad**. Enjoy!