





**KETO FRIENDLY**

**NO ADDED GLUTEN**

## Skillet Pork Chops

with Caramelized Fennel & Arugula

 30-40min  2 Servings

Fennel is a flowering plant with a white bulb, green stalks, and delicate fronds. Even though its part of the carrot family, fennel has a distinct licorice-like flavor. We take this veggie to the next level by caramelizing it, adding an extra deep nutty-anise flavor. Served alongside a juicy pork chop that is basted in an unctuous Parmesan butter, and an arugula salad tossed in a lemon-Dijon dr...

## What we send

- baby arugula
- fresh dill
- lemon
- boneless pork chops
- garlic
- fennel
- Parmesan <sup>7</sup>
- Dijon mustard <sup>17</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- meat mallet (or heavy skillet)
- skillet
- microplane or grater

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

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 53g, Carbs 9g, Proteins 41g



### 1. Prep ingredients

Finely grate **½ teaspoon lemon zest** into a small bowl, then add **1 tablespoon butter**; let butter soften until step 5. Squeeze **1 tablespoon lemon juice** into a medium bowl; cut any remaining lemon into wedges. Finely grate **Parmesan**. Peel **1 garlic clove**. Trim and discard root end from **fennel**, then halve bulb lengthwise and cut each half lengthwise into 4 pieces.



### 4. Cook pork chops

Pat **pork** dry, trim fat to ¼-inch all around and pound chops to ½-inch thickness; season with **salt** and **pepper**. Heat **1 tablespoon oil** in the reserved skillet. Add pork to skillet and cook until browned and cooked through, turning once, about 3 minutes per side. Remove skillet from heat.



### 2. Caramelize fennel

Heat **1 tablespoon oil** in a medium skillet over medium high. Add **fennel** and **garlic**; cook, undisturbed, until browned, 1-2 minutes. Season to taste with **salt**. Flip **fennel**, add **⅓ cup water**, cover, reduce heat to medium-low and cook until tender and water is evaporated, 8-9 minutes. Transfer fennel to a plate; cover to keep warm. Discard garlic. Reserve skillet.



### 5. Make Parmesan butter

Meanwhile, reserve **a few dill fronds** and tender stems for step 6, then chop 1 teaspoon from remaining dill. Add chopped dill and **Parmesan** to bowl with **butter**. Mash with a fork until smooth. Add butter mixture to skillet with **pork**, and swirl skillet until butter melts into a sauce. Baste pork with sauce.



### 3. Make dressing

Meanwhile, whisk **1 teaspoon of the Dijon** and **1 tablespoon oil** into bowl with the **lemon juice**. Season to taste with **salt** and **pepper**.



### 6. Finish salad & serve

Add **arugula** to bowl with **dressing**; toss to combine. Put **pork chops** and **caramelized fennel** on plates, garnish with **reserved dill** and serve **arugula salad** alongside with **lemon wedges** on the side for squeezing over. Enjoy!