



Herb-Roasted Pork Chop

with Carrot, Parsnip, and Mushroom Farro

One of our favorite simple yet cheffy techniques is roasting meat, vegetables, and delectable sauce in the same pan. Not only does this produce extra-juicy, flavorful results—it also makes cleanup a cinch. Inspired by a past hit, we're roasting pork chops in a thyme–white wine sauce, and tossing fall veggies with nutty farro. It's the perfect grain for soaking up the savory juices from the meat and the pan sauce.

40-50 minutes

690 calories per serving

Plated.

Ingredients

- ⅓ ounce thyme
- 4 ounces carrot
- 4 ounces parsnip
- 4 ounces cremini mushrooms
- 2 cloves garlic
- 1 shallot
- ½ cup farro
- 2 boneless pork chops
- ¼ cup white wine
- 8 ounces chicken stock

You'll Need

- olive oil
- kosher salt
- black pepper
- 8" medium pot with lid
- 12" large ovenproof pan

Recipe Tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

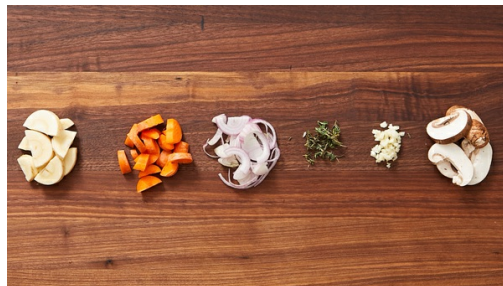
Perfectly cooked farro is tender, but still with some chew to it. Taste your farro before you drain it; if you prefer a more tender consistency, keep cooking a few minutes longer.

What to do with the remaining chicken stock? Use it in a savory gravy, or to add flavor to a batch of rice.

USDA recommends cooking pork to 145°F.

Questions? Email help@plated.com or call 855-525-2399. Visit plated.me/allergens for more information on dietary restrictions.

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1. Prepare Ingredients

Preheat oven to 425°F. Bring a medium pot of water to a boil over high heat. Rinse **thyme** and strip leaves, discarding stems. Rinse **carrots** and **parsnips** and halve lengthwise, then cut crosswise into ¼-inch half-moons. Remove and discard **mushroom** stems, then wipe **caps** clean with a damp paper towel and cut into ¼-inch slices. Roughly chop **garlic**. Peel **shallot**, halve, and thinly slice.



4. Sauté Vegetables

Add **1 tablespoon olive oil** to pan from pork over medium heat. When oil is shimmering, add **carrots, parsnips, mushrooms, and shallot** and stir to coat. Season with **⅓ teaspoon salt** and **pepper** as desired. Cook, stirring occasionally, until vegetables are just beginning to brown, about 8 minutes.



2. Cook Farro

Season pot of boiling water generously with **salt**. Stir in **farro** and cook until tender but still chewy, 12-14 minutes (see Recipe Tip). Drain and return to pot, off heat, then cover to keep warm until Step 6.



5. Make Sauce and Finish Pork

While vegetables sauté, in a small bowl, stir together **wine, half of chicken stock** (see Recipe Tip), **thyme, garlic, 3 tablespoons olive oil, ⅓ teaspoon salt, and pepper** to make sauce. Once vegetables have finished sautéing, remove pan from heat. Add **half of sauce**, scraping up any brown bits from pan. Return **pork** to pan, nestling into vegetables. Pour over **remaining sauce**. Transfer to oven. Roast until pork is cooked through, 8-10 minutes.



3. Sear Pork

While farro cooks, pat **pork** dry with paper towel and season all over with **½ teaspoon salt** and **pepper** as desired. Heat **½ tablespoon olive oil** in a large ovenproof pan over medium-high heat. When oil is shimmering, add **pork**. Sear until golden brown, 2-3 minutes per side, then transfer to a plate (it will finish cooking in the oven in Step 5). Reserve pan for sautéing vegetables.



6. Plate Herb-Roasted Pork Chop

Transfer **herb-roasted pork chops** to serving plates, leaving behind **vegetables** and **thyme sauce** in pan. Add **farro** to pan and stir to combine. Taste and add **salt** and **pepper** as desired, then add to plates with pork and dig in!

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