

Pork chops with fig agrodolce and caraway cabbage

with Pork Loin Chops (6 oz / serving)
Loin Chops (6 oz / serving)

with Organic Pork

Gluten-Free, Paleo, Carb-Conscious, Lean & Clean, Soy-Free, Dairy-Free, Mediterranean, Diabetes-Friendly

2 Servings, 470 Calories/Serving

25–40 Minutes

With figs in the sweet-sour sauce and apple in the cabbage, this paleo pork chop dish hits all the right notes.

In your bag

1 bag serves 2 (2 bags serve 4)

Sun Basket is proud to source the organic ingredients indicated below. On the rare occasion we are unable to meet our organic promise, we'll put a note in your bag.

with Pork Loin Chops (6 oz / serving)
Loin Chops (6 oz / serving)

with Organic Pork

- 2 boneless pork loin chops (about 6 ounces each)
- 1 wedge organic Savoy or other cabbage (about ¾ pound)
- 1 organic Fuji or other apple
- ½ teaspoon caraway seeds
- 1 or 2 organic shallots
- 1 ounce dried Black Mission figs
- ¼ cup balsamic vinegar
- 1 teaspoon arrowroot powder

Nutrition per serving

with Pork Loin Chops (6 oz / serving)
serving)

with Organic Pork Loin Chops (6 oz /

Calories: 470, Protein: 33g (66% DV), Fiber: 10g (40% DV), Total Fat: 20g (31% DV), Monounsaturated Fat: 10g, Polyunsaturated Fat: 2g, Saturated Fat: 3.5g (18% DV), Cholesterol:

75mg (25% DV), Sodium: 150mg (6% DV), Carbohydrates: 44g (15% DV), Total Sugars: 27g, Added Sugars: 0g (0% DV).

Sodium does not include pantry salt; for reference, 1/8 teaspoon kosher salt per serving averages 240mg (10% DV). Not a significant source of trans fat. Packed in a facility that handles all major food allergens* and gluten. *Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans.

Instructions

2-serving instructions (4-serving modifications in red)

Wash produce before use

Prep and cook the pork

- Pat the pork dry with a paper towel; season with salt and pepper. In a large frying pan over medium-high heat, warm 1 to 2 tablespoons oil until hot but not smoking. Add the pork and cook, turning frequently, until browned but still faintly pink within, 8 to 10 minutes. Transfer to a plate. Do not clean the pan. Meanwhile, prepare the caraway cabbage.

Prep and cook the caraway cabbage

- Cut away any core from the cabbage; cut the cabbage into 1-inch pieces.
- Core and cut the apple into 1-inch pieces. In another large frying pan over medium-high heat, warm 1 to 2 teaspoons oil until hot but not smoking. Working in batches if needed, add the cabbage and apple, season with salt and pepper, and cook, stirring occasionally, until starting to soften and brown, 2 to 3 minutes. Stir in the caraway seeds and cook until fragrant, about 1 minute. Remove from the heat and season to taste with salt and pepper. While the cabbage and apple are cooking, prepare the fig agrodolce.

Prep and cook the fig agrodolce

- Peel and thinly slice the shallots.
- Trim the stems from the figs; coarsely chop the figs.
- In a small bowl, whisk or stir together the figs, balsamic vinegar, arrowroot powder, and 2 tablespoons (1/4 cup) water.

In the same pan used for the pork, warm 2 to 3 teaspoons oil over medium-high heat until hot but not smoking. Add the shallots, season with salt and pepper, and cook, stirring occasionally, until starting to soften, 2 to 3 minutes. Stir in the fig-balsamic mixture and cook, whisking constantly, until the sauce has thickened, about 30 seconds. Remove from the heat and season to taste with salt and pepper.

Serve

Transfer the caraway cabbage to individual plates. Top with the pork, spoon over the fig agrodolce, and serve.