

Five-Spice Pork.

Serves 2

Roasted Pear & Parsnip. Green Salad.

Prep Time: 30-35 minutes

Five-spice powder, used primarily in Chinese cuisine, is available at grocery stores. The spicy-sweet aroma and flavor compliments the combination of sweet & savory ingredients here.

Shopping List:

Produce

1 pear, preferably bosc
6 oz. parsnips (or carrots)*
2-3 sprigs of thyme
mixed greens

Grocery

olive oil
1 t five-spice powder
1 t ground ginger
1 T apple cider vinegar

Refrigerated

2 pork loin chops, boneless

Recipe:

1 pear, preferably bosc
6 oz. parsnips (scrubbed, trimmed)
olive oil
1 t ground ginger
2-3 sprigs of thyme
2 4-oz pork loin chops, boneless
1 t five-spice powder
2-3 cups of salad greens
1 T apple cider vinegar

1. Preheat oven to 425.
2. Cut pear into thin wedges and remove any stem/core/seeds. Cut parsnips into thick matchsticks, about 1/4 -inch thick and 3 or 4 inches long.
3. On a foil-lined baking sheet, toss parsnips and pears with olive oil, ground ginger, and salt & pepper. Top with thyme sprigs, and roast 10 minutes, then toss and roast another 5 minutes.
4. When 5 minutes remain for the pears and parsnips, place a nonstick skillet over medium-high heat. Season both sides of pork with five-spice powder and salt & pepper, then rub with a little olive oil. When skillet is hot, add pork and cook 2-3 minutes per side, or until done to your liking. Then transfer to a plate to rest. The spice mix will give a deep brown color to the pork.
5. Toss salad greens with a little bit of olive oil to coat. Season with salt & pepper to taste, add a splash of apple cider vinegar and then toss again.
6. Slice the pork just before you are ready to serve. Enjoy the roasted pears & parsnips and the green salad on the side.

Cooks Tips:

- Parsnips are fun to try if you have never had them before. But carrots will work just as well if you happen to have them on hand.
- Feel free to add some extra veggies to your salad. We added thin matchsticks of crunchy kohlrabi.