

## Pork Chops with Fennel & Capers

### Ingredients

- ¼ cup olive oil
- 4 boneless pork chops (about 2 pounds) seasoned with salt and pepper
- ¾ tsp salt
- ¾ tsp freshly ground black pepper
- 2 fennel bulbs with fronds, thinly sliced (about 8 oz or 2 cups)
- 2 large shallots, thinly sliced
- ¾ cup chopped fresh flat-leaf parsley
- ½ cup white wine
- 1 (28-ounce) can diced tomatoes, with their juices
- ½ lemon, zested
- 2 Tbsp capers



### Preparation

1. Brown the pork chops on both sides
2. Remove from the pan, cover, and set aside
3. Add the fennel, shallots, and half the parsley to the pan and cook until beginning to brown, about 5 minutes
4. Deglaze with the wine
5. Add the tomatoes and stir
6. Add the pork back into the pan, nestling the chops between the fennel and tomatoes so they are mostly submerged in the pan juices
7. Cook until the fennel is tender and the pork is done, about 12-15 minutes
8. Place the pork on a serving dish
9. To finish the sauce, add the lemon zest, remaining parsley, capers, salt, and pepper
10. Stir to combine
11. Spoon over the pork chops and serve immediately