

# Pork Chops & Miso Butter

with Bok Choy & Marinated Apple

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 4

Classic Japanese ingredients are at the heart of tonight's dish. We're combining sweet white miso paste, tart ponzu—a traditional condiment made with yuzu, an aromatic citrus—and a touch of butter to make a flavorful pan sauce for our pork chops. The freshness of crisp gala apple, marinated in mirin (a sweetened rice wine) and sesame oil, contrasts wonderfully with the richness of the pork. As an accent, we're also stirring a bit more mirin and sesame oil into our side of rice.



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## Ingredients



4  
BONELESS,  
CENTER-CUT  
PORK CHOPS



1 cup  
JASMINE RICE



2 cloves  
GARLIC



2  
SCALLIONS



1  
GALA APPLE



1 lb  
BABY BOK CHOY

## KNICK KNACKS:



2 Tbsp  
BUTTER



1 1-inch piece  
GINGER



¼ cup  
MIRIN



2 Tbsp  
PONZU SAUCE



1 Tbsp  
SESAME OIL



¼ cup  
SWEET WHITE  
MISO PASTE



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## 1 Prepare the ingredients & marinate the apple:

- ☐ Wash and dry the fresh produce.
- ☐ Peel and finely chop the garlic.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the root ends of the bok choy; separate the leaves.
- ☐ Peel and core the apple; grate on the large side of a box grater.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- ☐ In a medium bowl, combine the **apple, green tops of the scallions, half the mirin and half the sesame oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.



## 2 Cook the rice:

- ☐ While the apple marinates, in a medium pot, combine the **rice, a big pinch of salt and 2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 12 to 14 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork. Stir in the **remaining mirin and remaining sesame oil**. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

## 3 Start the sauce:

- ☐ While the rice cooks, in a bowl, combine the **miso paste, ponzu sauce and 1/2 cup of water**. Whisk until smooth.

## 4 Cook the bok choy:

- ☐ While the rice continues to cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic, ginger and white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened and fragrant. Add the **bok choy**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- ☐ Add **1/2 cup of water** and cook, stirring occasionally, 2 to 3 minutes, or until the bok choy has softened and the water has cooked off. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place. Wipe out the pan.



## 5 Cook the pork chops:

- ☐ While the rice continues to cook, pat the **pork chops** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned pork chops and cook, loosely covering the pan with aluminum foil, 3 to 5 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest for at least 5 minutes.



## 6 Finish the sauce & serve your dish:

- ☐ While the pork chops rest, add the **sauce** to the pan of reserved fond. Cook on medium, stirring frequently and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until well combined. Add the **butter** and cook, stirring frequently, 30 seconds to 1 minute, or until melted and thoroughly combined. Turn off the heat.
- ☐ Top the **cooked bok choy** with the **rested pork chops** and finished sauce. Top the pork chops with the **marinated apple**. Serve with the **cooked rice** on the side. Enjoy!