

Lemon-Caper Pork

with Mashed Potatoes & Kale

🕒 40-50 MINS | 4 SERVINGS

In this dish, you'll make a delightfully rich pan sauce of shallot and capers cooked in savory bone broth and lemon juice—perfect for spooning over warm pork and mashed potatoes. For an elevated side, hearty kale is sautéed with aromatic garlic and a hint of red pepper flakes.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Serve a bottle with this symbol for a great pairing.



Ingredients



4
BONELESS,
CENTER-CUT
PORK CHOPS



2 cloves
GARLIC



1 ¼ lbs
GOLDEN OR RED
POTATOES



2 Tbsps
BUTTER



1
SHALLOT



2 Tbsps
MASCARPONE
CHEESE



1
LEMON



1 bunch
KALE



1 Tbsp
CAPERS



⅓ cup
CHICKEN BONE
BROTH



¼ tsp
CRUSHED RED
PEPPER FLAKES



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card in your box.



1 Prepare the ingredients:

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel and finely chop the **shallot**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.



2 Cook & mash the potatoes:

- Add the **diced potatoes** to the pot of boiling water and cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **mascarpone** and a drizzle of **olive oil**. Season with salt and pepper. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook the kale:

- Meanwhile, in a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped kale**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired. Transfer to a bowl; cover with foil to keep warm.
- Wipe out the pan.



4 Cook & slice the pork:

- Pat the **pork** 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. Cook 4 to 6 minutes per side, or until browned and cooked through.**
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes. When cool enough to handle, slice crosswise.



5 Make the pan sauce & serve your dish:

- While the pork rests, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot** and **capers**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **lemon juice** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until most of the liquid has cooked off.
- Add the **broth** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid is slightly reduced.
- Turn off the heat; stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **sliced pork** with the **mashed potatoes** and **cooked kale**. Top the pork and potatoes with the **pan sauce**. Enjoy!

**An instant-read thermometer should register 145°F.

NUTRITION PER SERVING (AS PREPARED)* Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugar: Xg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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