

Tuscan-Spiced Pork & Mashed Potatoes

with Green Beans & Roasted Tomato Dressing

DIABETES FRIENDLY

CARB CONSCIOUS

MEDITERRANEAN

🕒 25-35 MINS | 2 SERVINGS

To accompany our seared pork (coated with an earthy blend of fennel seeds, rosemary, and sage), you'll roast green beans and tomatoes until deliciously tender, then crush the tomatoes and use their sweet natural juices to make an irresistible dressing. A simple side of smooth, garlic-mashed potatoes completes the dish on a comforting, hearty note.



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Ingredients



2
PORK CUTLETS



4 oz
GRAPE TOMATOES



6 oz
GREEN BEANS



2 Tbsps
SLICED ROASTED
ALMONDS



1 Tbsp
WHITE WINE
VINEGAR



¾ lb
GOLDEN OR RED
POTATOES



2 cloves
GARLIC



⅓ cup
CHICKEN BONE
BROTH



1 Tbsp
TUSCAN SPICE
BLEND*

*Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage



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.



To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Prepare the ingredients & start the dressing:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- 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 **2 cloves of garlic**. Using a zester, finely grate 1 clove into a paste (or use the small side of a box grater). Using the flat side of your knife, smash the remaining clove once.
- Cut off and discard the stem ends of the **green beans**.
- Roughly chop the **almonds**.
- In a large bowl, combine the **chopped almonds, vinegar, 2 teaspoons of olive oil**, and **as much of the garlic paste as you'd like**; season with salt and pepper.

2 Cook & mash the potatoes:

- Add the **diced potatoes** and **smashed garlic clove** to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add the **broth**; 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 Roast the vegetables:

- Meanwhile, place the **prepared green beans** on a sheet pan; drizzle with **1 teaspoon of olive oil** and season with salt and pepper. Toss to coat. Arrange in an even layer on one side of the sheet pan.
- Place the **tomatoes** on the other side of the sheet pan. Drizzle with $\frac{1}{2}$ **teaspoon of olive oil** and season with salt and pepper. Toss to coat.
- Roast 10 to 12 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4 Cook the pork:

- Once the vegetables have roasted about 5 minutes, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 2 to 3 minutes per side, or until browned and cooked through.** Transfer to a plate and let rest at least 5 minutes.

5 Dress the green beans & serve your dish:

- While the pork rests, carefully transfer the **roasted tomatoes** to the bowl of **dressing**. Using a fork, smash the tomatoes to release their liquid. Stir to combine.
- Carefully add the **roasted green beans**; stir to coat. Taste, then season with salt and pepper if desired.
- Serve the **rested pork** with the **mashed potatoes** and **dressed green beans**. 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: xxxmg.

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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