

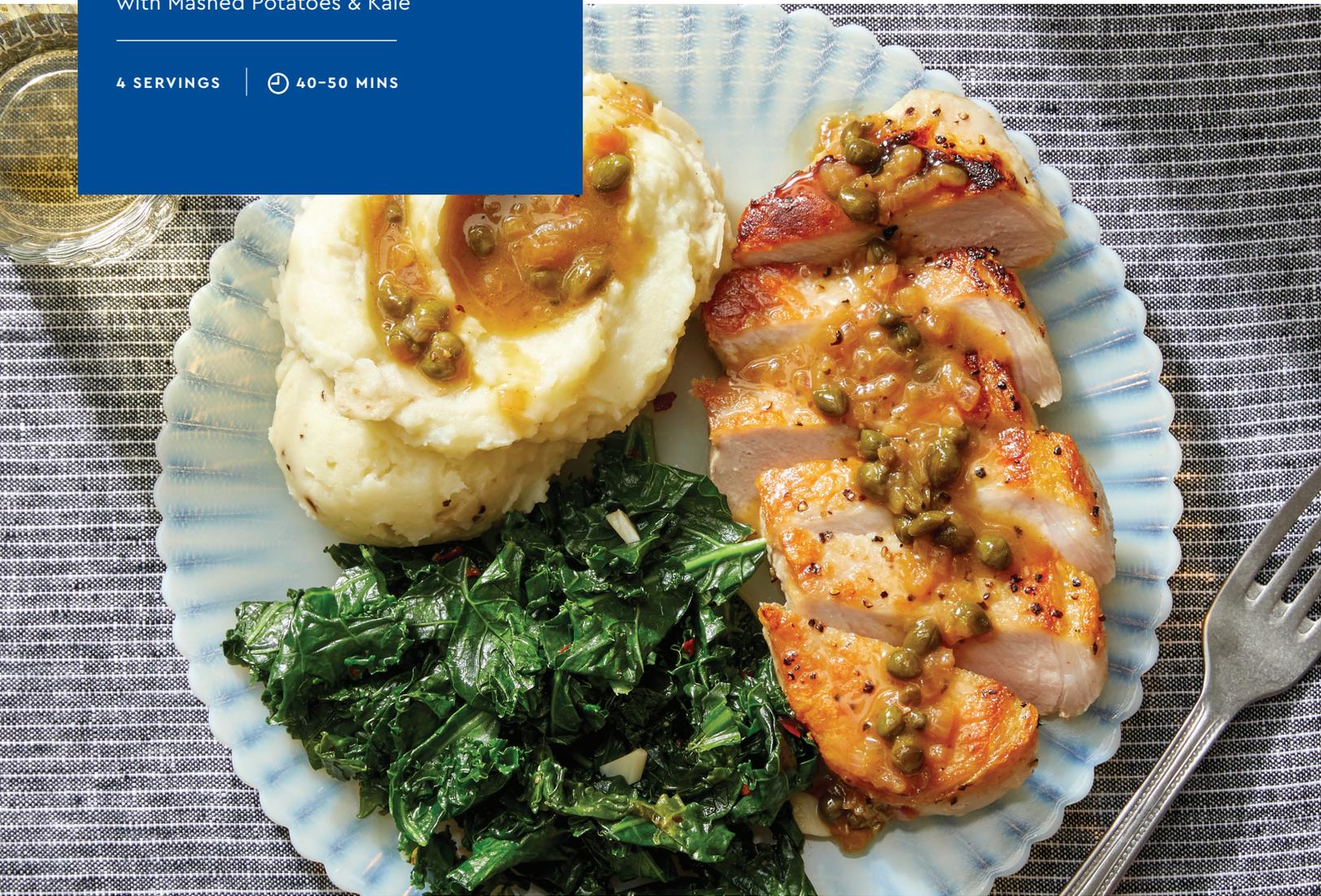
Lemon-Caper Pork

with Mashed Potatoes & Kale

4 SERVINGS

🕒 40-50 MINS

 **Blue Apron**
blueapron.com



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.

Ingredients

-  4 Boneless, Center-Cut Pork Chops
-  1 Lemon
-  2 cloves Garlic
-  1 bunch Kale
-  1 ¼ lbs Golden or Red Potatoes
-  1 Tbsp Capers
-  2 Tbsps Butter
-  ⅓ cup Chicken Bone Broth
-  1 Shallot
-  2 Tbsps Mascarpone Cheese
-  ¼ tsp Crushed Red Pepper Flakes

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

WW™ APPROVED



SmartPoints® value per serving



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Serve a bottle of Blue Apron wine with this symbol: Push & Fruity.
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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**; season with salt and pepper. 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. 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.
- Carefully slice the **rested pork** 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 $\frac{3}{4}$ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid is slightly reduced in volume.
- 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: 520, Total Carbohydrates: 35g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 23g, Saturated Fat: 8g, Protein: 48g, Sodium: 1370mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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