

Pork Chops & Mashed Potatoes

with Spicy Nectarine Pan Sauce

4 SERVINGS













⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Rich flavors abound in this dish thanks to a savory-sweet nectarine pan sauce that we're using to top simply seared pork chops, which is cooked in the fond from the pan.

Ingredients

- | | |
|---|---|
|  4 Boneless, Center-Cut Pork Chops |  1 Tbsp Sugar |
|  1 ½ lbs Golden or Red Potatoes |  2 Tbsps Butter |
|  1 bunch Kale |  ¼ cup Buttermilk |
|  2 cloves Garlic |  2 Tbsps Sherry Vinegar |
|  1 Nectarine |  ¼ tsp Crushed Red Pepper Flakes |
|  1 Shallot |  4 oz Shredded Fontina Cheese |

Wellness at Blue Apron

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

600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Plush & Fruity.
blueapron.com/wine

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 medium dice the **shallot**.
- Pit and small dice the **nectarine**.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves.
- Combine the **chopped garlic** and **sliced kale** in a bowl.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **butter** and **cheese**. 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 Make the nectarine pan sauce

- Meanwhile, in a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add **half the diced shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **diced nectarine**, **sugar**, **half the vinegar** (carefully, as the liquid may splatter), **$\frac{1}{2}$ cup of water**, 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 occasionally, 6 to 7 minutes, or until most of the water has cooked off and the nectarine is softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the pork

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle 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.



5 Finish & serve your dish

- While the pork rests, in the pan of reserved fond, heat the **butter** on medium-high until melted.
- Once melted, cook, stirring constantly, 2 to 3 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **prepared garlic and kale** and **remaining diced shallot**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale is slightly wilted.
- Add the **remaining vinegar** (carefully, as the liquid may splatter) and **$\frac{1}{2}$ cup of water**. Cook, stirring frequently and scraping up any fond, 3 to 4 minutes, or until the kale is wilted and the liquid has cooked off. Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **brown butter kale** and **mashed potatoes**. Top the pork with the **nectarine pan sauce**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 570, Total Carbohydrates: 41g, Dietary Fiber: 6g, Added Sugars: 3g, Total Fat: 23g, Saturated Fat: 11g, Protein: 54g, 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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