

To pair with Italian-seasoned pork chops, we're tossing a hearty trio of kale, shallot, and fresh tomatoes (cooked with sweet balsamic vinegar) with black beluga lentils, known as the "caviar" of the legume world for their rich flavor.

Ingredients

- 2 Boneless, Center-Cut Pork Chops
- ½ cup Black Beluga Lentils
- 2 cloves Garlic
- 🔌 1 bunch Kale
- 1 Shallot

- 4 oz Grape Tomatoes
- 2 Tbsps Balsamic Vinegar
- 💦 1 oz Sliced Roasted **Red Peppers**
- 1 Tbsp Capers
- 1 Tbsp Italian Seasoning*

*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



Wellness at Blue Apron

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DIABETES FRIENDLY

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CARB CONSCIOUS 600 CALORIES OR LESS MEDITERRANEAN DIET

Hey, Chef! If you're trying 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. This recipe is 360mg sodium per serving as packaged.

1 Cook the lentils

- Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the lentils and cook, uncovered, 25 to 27 minutes, or until tender.
- Turn off the heat. Drain thoroughly and rinse under warm water. Return to the pot.



2 Prepare the ingredients & make the relish

- Meanwhile, wash and dry the fresh produce.
- Peel and thinly slice the **shallot**.
- Separate the kale leaves from the stems; discard the stems, then thinly slice the leaves.
- Halve the **tomatoes**.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Roughly chop the peppers and capers; combine in a bowl.
 Add ½ teaspoon of olive oil and as much of the garlic paste as you'd like. Season with salt and pepper; stir to combine.

3 Cook the pork

- Pat the pork dry with paper towels; season on both sides with salt, pepper, and enough of the Italian seasoning to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat ½ teaspoon of olive oil on medium-high until hot.



- Add the seasoned pork and 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.

4 Cook the vegetables & finish the lentils

- While the pork rests, in the pan of reserved fond, heat ½ teaspoon of olive oil on medium-high until hot.
- Add the sliced shallot and chopped garlic; season with salt and pepper.
 Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.



- Add the **chopped kale** and 1/4 **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Add the halved tomatoes and vinegar; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the tomatoes are softened.
- Turn off the heat. Transfer to the pot of **cooked lentils**; stir to combine. Taste, then season with salt and pepper if desired.

5 Slice the pork & serve your dish

- Slice the rested pork crosswise.
- Serve the finished lentils topped with the sliced pork and relish. Enjoy!



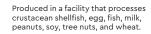
*An instant-read thermometer should register 145°F.

Calories: 530, Total Carbohydrates: 50g, Dietary Fiber: 19g, Added Sugars: 0g, Total Fat: 11g, Saturated Fat: 2.5g, Protein: 57g, Sodium: 1300mg.

**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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