

# Italian-Style Pork & Lentils

with Caper & Roasted Pepper Relish

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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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 |  4 oz Grape Tomatoes             |
|  ½ cup Black Beluga Lentils        |  2 Tbsps Balsamic Vinegar        |
|  2 cloves Garlic                   |  1 oz Sliced Roasted Red Peppers |
|  1 bunch Kale                      |  1 Tbsp Capers                   |
|  1 Shallot                         |  1 Tbsp Italian Seasoning*       |

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



Serve a bottle of Blue Apron wine with this symbol: Plush & Fruity.  
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### DIABETES FRIENDLY

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### CARB CONSCIOUS

600 CALORIES OR LESS  
MEDITERRANEAN DIET



### 1 Cook the lentils

- Fill a medium pot  $\frac{3}{4}$  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  $\frac{1}{2}$  **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  $\frac{1}{2}$  **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  $\frac{1}{2}$  **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  $\frac{1}{4}$  **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.

#### NUTRITION PER SERVING (AS PREPARED)\*\*

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

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