

# Tuscan-Spiced Pork & Grape Agrodolce

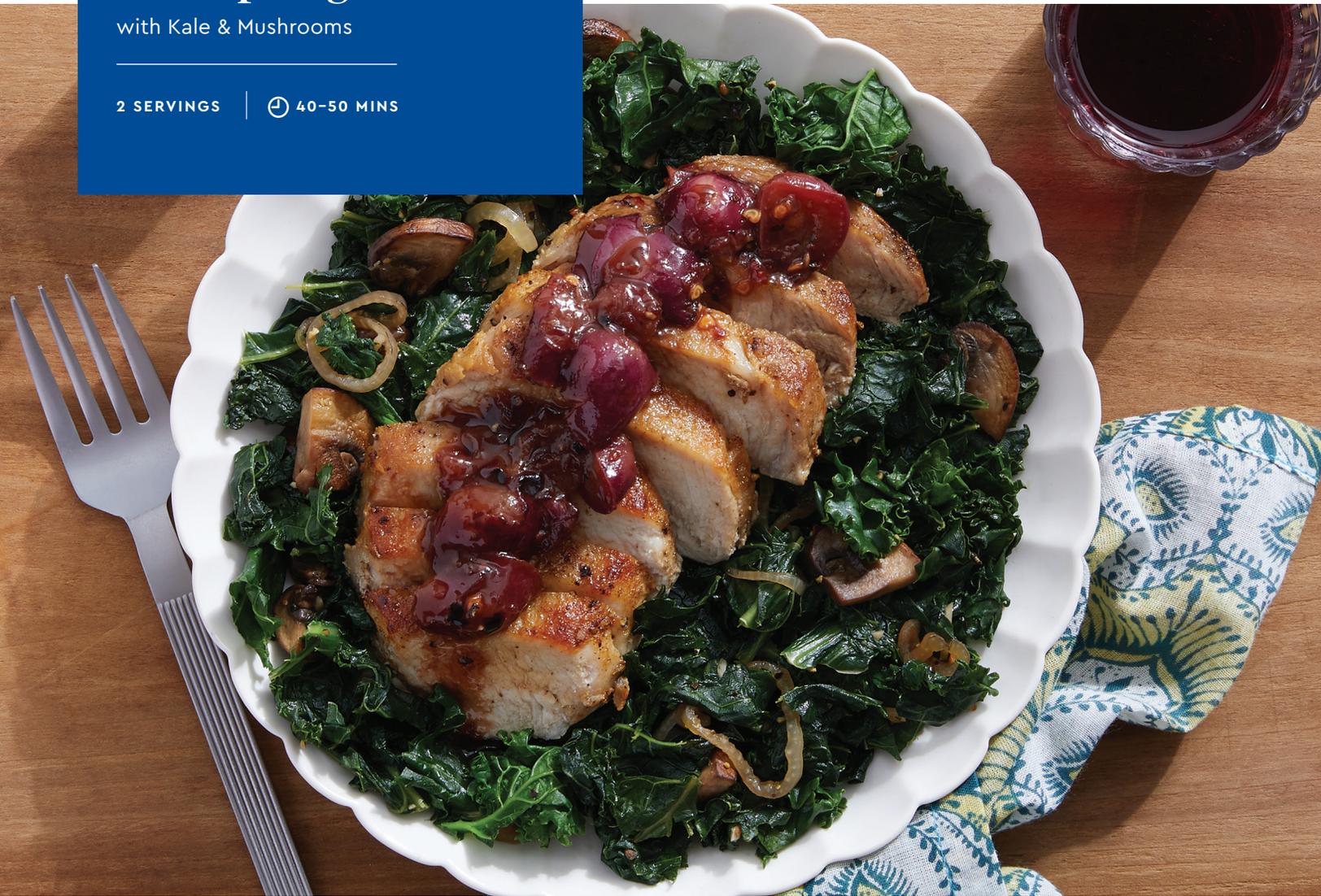
with Kale & Mushrooms

2 SERVINGS

40-50 MINS

 Blue Apron

blueapron.com



To give our seared pork chops a sophisticated lift, we're serving it topped with juicy grapes cooked with verjus, honey, and a bit of red pepper flakes—a nod to classic Italian agrodolce, or sweet-and-sour sauce.

## Ingredients

-  2 Boneless, Center-Cut Pork Chops
-  1 bunch Kale
-  4 oz Red Seedless Grapes
-  4 oz Mushrooms
-  1 Shallot
-  2 cloves Garlic
-  2 tps Honey
-  1 Tbsp Verjus Rouge
-  ¼ tsp Crushed Red Pepper Flakes
-  1 Tbsp Tuscan Spice Blend\*

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



Serve a bottle of Blue Apron wine with this symbol: Push & Fruity.  
[blueapron.com/wine](https://blueapron.com/wine)

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

### WW™ APPROVED



SmartPoints® value per serving



Scan this barcode in your WW app to track SmartPoints®. Wine is not included in SmartPoints®.

To learn more about WW and SmartPoints visit [ww.com](https://www.ww.com). The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

### DIABETES FRIENDLY

Blue Apron, a proud supporter of



### CARB CONSCIOUS

600 CALORIES OR LESS

**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 130mg sodium per serving as packaged.

## 1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Cut the **mushrooms** into bite-sized pieces.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and thinly slice the **shallot**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Halve the **grapes**.
- In a bowl, combine the **honey** (kneading the packet before opening), **verjus**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.



## 2 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **mushroom pieces** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **chopped garlic** and **sliced shallot**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ 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.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



## 3 Cook the pork

- 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 the same pan, heat **2 teaspoons 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.



## 4 Make the grape agrodolce

- While the pork rests, add the **halved grapes** to the pan of reserved fond. Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sauce** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until combined.
- Add **¼ cup of water**. Cook, stirring frequently and pressing on the grapes with the back of a spoon, 1 to 2 minutes, or until the liquid is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 5 Slice the pork & serve your dish

- Slice the **rested pork** cross-wise.
- Serve the **sliced pork** over the **cooked vegetables**. Top the pork with the **grape agrodolce**. Enjoy!



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

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

Calories: 450, Total Carbohydrates: 33g, Dietary Fiber: 6g, Added Sugars: 6g, Total Fat: 17g, Saturated Fat: 3.5g, Protein: 44g, Sodium: 780mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Share your photos with #blueapron

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

Blue Apron, LLC  
New York, NY 10005

