

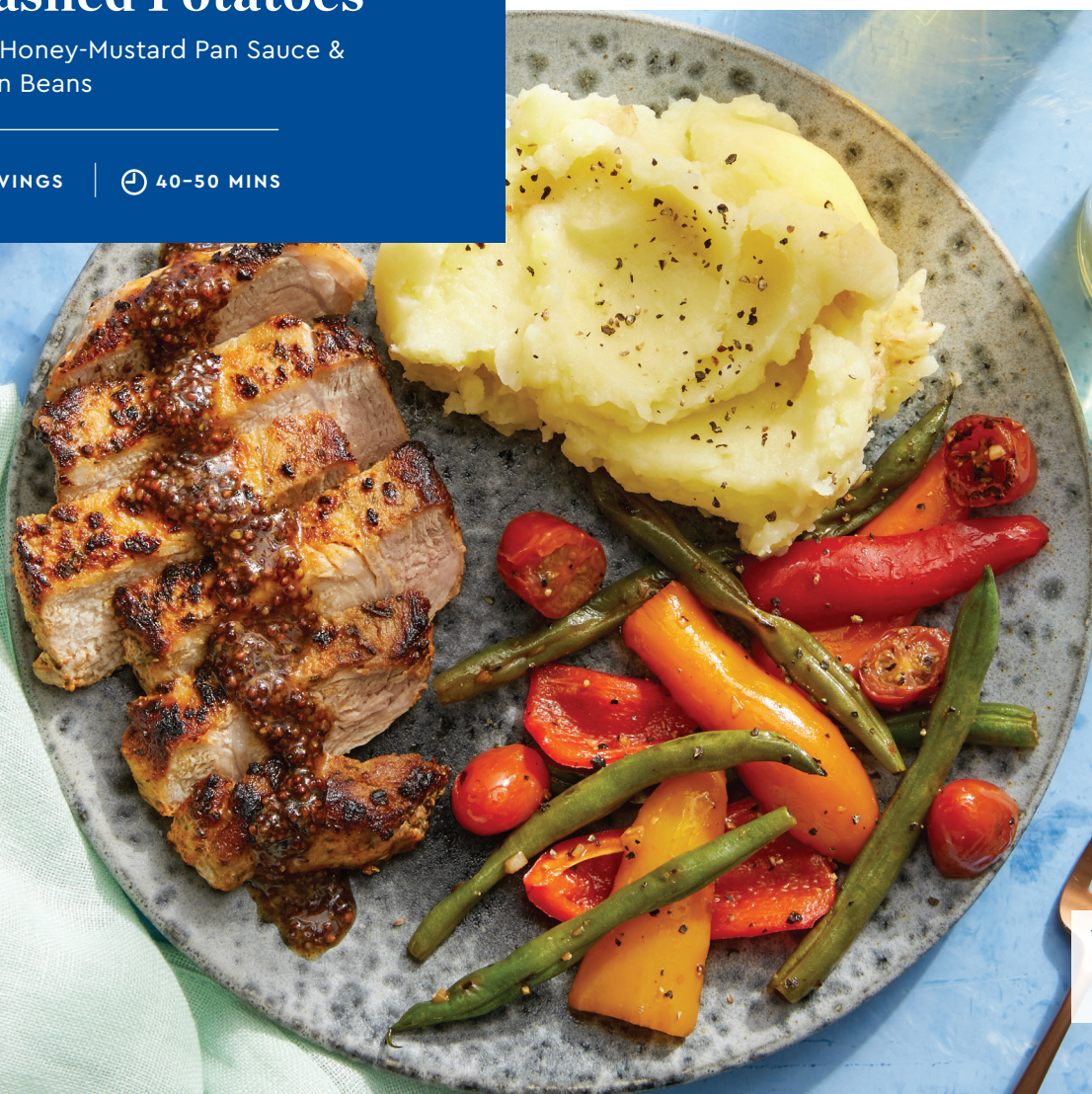
Pork Chops & Buttermilk Mashed Potatoes

with Honey-Mustard Pan Sauce & Green Beans

4 SERVINGS

⌚ 40-50 MINS













 **Blue Apron**
blueapron.com



Your meal may look different due to ingredient tweaks

Sides of creamy buttermilk mashed potatoes and a bright vegetable sauté of fresh tomatoes, green beans, and shishito peppers bring flavorful contrast to this savory pork chop dish.

Ingredients

- | | |
|---|--|
|  4 Boneless, Center-Cut Pork Chops |  2 Tbsps Whole Grain Dijon Mustard |
|  1 ½ lbs Golden or Red Potatoes |  ½ cup Chicken Bone Broth |
|  2 cloves Garlic |  ¼ cup Buttermilk |
|  6 oz Shishito Peppers |  1 Tbsp Red Wine Vinegar |
|  4 oz Grape Tomatoes |  2 tsps Honey |
|  6 oz Green Beans |  1 Tbsp Weeknight Hero Spice Blend* |

*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

Wellness at Blue Apron

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

DIABETES FRIENDLY

Blue Apron, a proud supporter of



CARB CONSCIOUS

600 CALORIES OR LESS



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

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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**.
- Halve the **tomatoes**.
- Cut off and discard the stems of the **peppers**; cut into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.



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 **buttermilk** and **2 tablespoons of olive oil**. 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 vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 tablespoons of olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.



Step 3 continued:

- Add the **chopped garlic** and **pepper pieces**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Add the **halved tomatoes**. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- 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 on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- 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.



5 Make the pan sauce & serve your dish

- While the pork rests, to the pan of reserved fond, add the **broth** (carefully, as the liquid may splatter), **honey** (kneading the packet before opening), and **mustard**. Cook, stirring occasionally and scraping up any fond, 1 to 2 minutes, or until the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **mashed potatoes** and **cooked vegetables**. Top the pork with the **pan sauce**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 560, Total Carbohydrates: 37g, Dietary Fiber: 5g, Added Sugars: 3g, Total Fat: 24g, Saturated Fat: 4g, Protein: 47g, Sodium: 1360mg.

**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.

Blue Apron, LLC
New York, NY 10005

