

Pork Chops & Almond Salsa Verde

with Zucchini & Peppers

4 SERVINGS













⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



We're serving these simply seared pork chops with a rustic take on Italian salsa verde featuring fresh rosemary, roasted almonds, and briny capers.

Ingredients

-  4 Boneless, Center-Cut Pork Chops
-  ½ lb Sweet Peppers
-  1 ¼ lbs Golden or Red Potatoes
-  2 Zucchini
-  2 cloves Garlic
-  1 bunch Rosemary
-  1 Tbsp Red Wine Vinegar
-  1 Tbsp Capers
-  2 Tbsps Sliced Roasted Almonds
-  1 Shallot
-  2 Tbsps Butter
-  ¼ tsp Crushed Red Pepper Flakes

Wellness at Blue Apron

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

CARB CONSCIOUS
600 CALORIES OR LESS



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

1 Prepare & roast the potatoes

- Preheat the oven to 450°F.
- Wash and dry the fresh produce.
- Cut the **potatoes** crosswise into ½-inch rounds.
- Place on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; turn to coat. Arrange in an even layer.
- Roast 22 to 24 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, finely chop the **capers**.
- Finely chop the **almonds**.
- Keeping half the **rosemary** sprigs whole, pick the leaves off the remaining stems, then finely chop the leaves.
- Peel **2 cloves of garlic**; leaving one clove whole, using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Halve the **zucchini** lengthwise; cut crosswise into ¼-inch pieces.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Peel and thinly slice the **shallot**.



3 Make the salsa verde

- In a bowl, combine the **chopped capers, chopped almonds, chopped rosemary, half the vinegar, 2 tablespoons of olive oil, and as much of the garlic paste as you'd like**. Season with salt and pepper.



4 Cook the pork

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned pork** and cook 4 to 6 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned.
- Add the **butter, whole garlic clove, and whole rosemary sprigs**. Cook, frequently spooning the butter mixture over the pork, 3 to 4 minutes, or until the pork is coated and cooked through.* Turn off the heat.
- Leaving any browned bits (or fond) in the pan, transfer the cooked pork to a cutting board and let rest at least 5 minutes.
- Carefully remove and discard the **garlic clove** and **rosemary** from the pan.
- Pour any remaining butter drippings into the bowl of **salsa verde**; stir to combine.



5 Cook the vegetables & serve your dish

- While the pork rests, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **sliced peppers** and **sliced shallot**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned and softened.
- Turn off the heat. Add the **remaining vinegar** (carefully, as the liquid may splatter) and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **roasted potatoes** and **cooked vegetables**. Top the pork with the **salsa verde**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 550, Total Carbohydrates: 34g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 26g, Saturated Fat: 7g, Protein: 46g, Sodium: 950mg.

**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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