

# Southern Pork Chops & Crispy Corn Cakes

with Braised Apple & Kale

4 SERVINGS

⌚ 30-40 MINS

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Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Ingredients

 4 Boneless, Center-Cut Pork Chops 

 4 Skin-On Salmon Fillets 

 2 Pasture-Raised Eggs

 1 Apple

 1 bunch Kale

 1 cup Cornbread Mix

 2 Tbsps Apple Cider Vinegar

 ¼ cup Mayonnaise

 1 Tbsp Hot Sauce

 ½ cup Buttermilk

 2 Tbsps Honey

 1 Tbsp Southern Spice Blend<sup>1</sup>

<sup>1</sup> Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.

## 1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- In a bowl, whisk together the **hot sauce**, **mayonnaise**, **honey** (kneading the packet before opening), and a **pinch of the spice blend**. Season with salt and pepper.



## 2 Braise the apple & kale

- In a medium pot, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **grated apple** and **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is slightly wilted.
- Add the **vinegar** and **1/2 cup of water**. Season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



## 3 Make the batter

- Meanwhile, in a medium bowl, combine the **cornbread mix**, **eggs**, and **buttermilk**. Season with pepper.
- Whisk to thoroughly combine.



## 4 Cook the pork

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **remaining spice blend**.
- In a large pan (nonstick, if you have one), 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.\*
- Transfer to a cutting board; loosely cover with foil and let rest at least 5 minutes.
- Rinse and wipe out the pan.



### ↻ CUSTOMIZED STEP 4 *If you chose Salmon*

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **remaining spice blend**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.\* Transfer to a plate; cover with foil to keep warm.
- Rinse and wipe out the pan.

## 5 Cook the corn cakes & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Working in two batches, scoop or pour the **batter** into the pan to make 4 equal-sized pancakes, keeping them separate. Cook 1 to 3 minutes per side, or until golden brown and cooked through (if the pan seems dry, add a drizzle of olive oil between batches). Transfer to a plate.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **cooked corn cakes** and **braised apple and kale**. Top the pork with the **sauce**. Enjoy!



### ↻ CUSTOMIZED STEP 5 *If you chose Salmon*

- Cook the corn cakes as directed.
- Serve the **cooked fish** with the **cooked corn cakes** and **braised apple and kale**. Top the fish with the **sauce**. Enjoy!

\*An instant-read thermometer should register 145°F for pork and salmon.

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

Calories: 730, Total Carbohydrates: 51g, Dietary Fiber: 5g, Added Sugars: 10g, Total Fat: 37g, Saturated Fat: 7g, Protein: 52g, Sodium: 1620mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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