

Grilled Dukkah-Spiced Pork Chops

with Green Beans, Kohlrabi & Lemon Yogurt

2 SERVINGS

35-45 MINS

 **Blue Apron**
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Ingredients



2 Boneless, Center-Cut Pork Chops



6 oz Carrots



½ cup Plain Nonfat Greek Yogurt



6 oz Green Beans



1 Lemon



2 Tbsps Roasted Pistachios



1 Kohlrabi



1 oz Dried Medjool Dates



1 Tbsp Dukkah Seasoning¹



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



SmartPoints® value per serving
(as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds

Making this recipe indoors?

The steps featured below provide cooking instructions for a grill—but that doesn't mean it's any less delicious when prepared in your kitchen. Scan this QR code for helpful tips for transitioning grill recipes to your oven or stovetop.



1 Prepare the ingredients

- Preheat your grill to maintain a temperature of 450-500°F. Carefully oil the grill grates.
- Wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**.
- Cut off the top and bottom of the **kohlrabi** to create a flat surface; using a knife, cut down along the curve of the kohlrabi to remove the green skin. Halve lengthwise; if present, remove the core, then cut into 1/2-inch pieces.
- Peel the **carrots**; quarter lengthwise.
- Halve the **lemon** crosswise and remove the seeds.
- Pit and roughly chop the **dates**.
- Roughly chop the **pistachios**.



2 Grill the pork

- Pat the **pork** dry with paper towels; drizzle with **olive oil** and season on both sides with salt, pepper, and enough of the **dukkah** to coat (you may have extra).
- Grill 3 to 4 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes.



3 Assemble the foil packet & grill the green beans

- Meanwhile, place a large piece of foil on a work surface.
- Place the **green beans** on one side of the foil. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Evenly top with **2 tablespoons of water**.
- Fold the foil in half over the green beans. Fold the three open edges inwards to completely seal the packet.
- Grill 5 to 6 minutes, or until the green beans are bright green and tender.
- Remove from the grill and carefully open the foil packet. Transfer to a large bowl.



4 Grill & finish the vegetables

- Meanwhile, place the **kohlrabi pieces**, **quartered carrots**, and **halved lemon** in a large bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.
- Place a sheet of foil on an empty part of the grill. Place the **seasoned carrots** on top of the foil and grill, turning occasionally, 10 to 12 minutes, or until charred and softened.
- Grill the **halved lemon**, cut side down, 4 to 5 minutes, or until charred and softened.
- Grill the **kohlrabi pieces** 4 to 5 minutes per side, or until charred and tender when pierced with a fork.
- To the bowl of **grilled green beans**, add the **grilled carrots**, **grilled kohlrabi**, **chopped dates**, the **juice of 1 grilled lemon half**, and a drizzle of **olive oil**. Toss to combine. Taste, then season with salt and pepper if desired.



5 Make the lemon yogurt

- In a bowl, combine the **yogurt**, the **juice of the remaining grilled lemon half**, and a drizzle of **olive oil**.
- Season with salt and pepper.



6 Finish & serve your dish

- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **finished vegetables**. Top the pork with the **lemon yogurt**. Garnish with the **chopped pistachios**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for pork.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

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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