

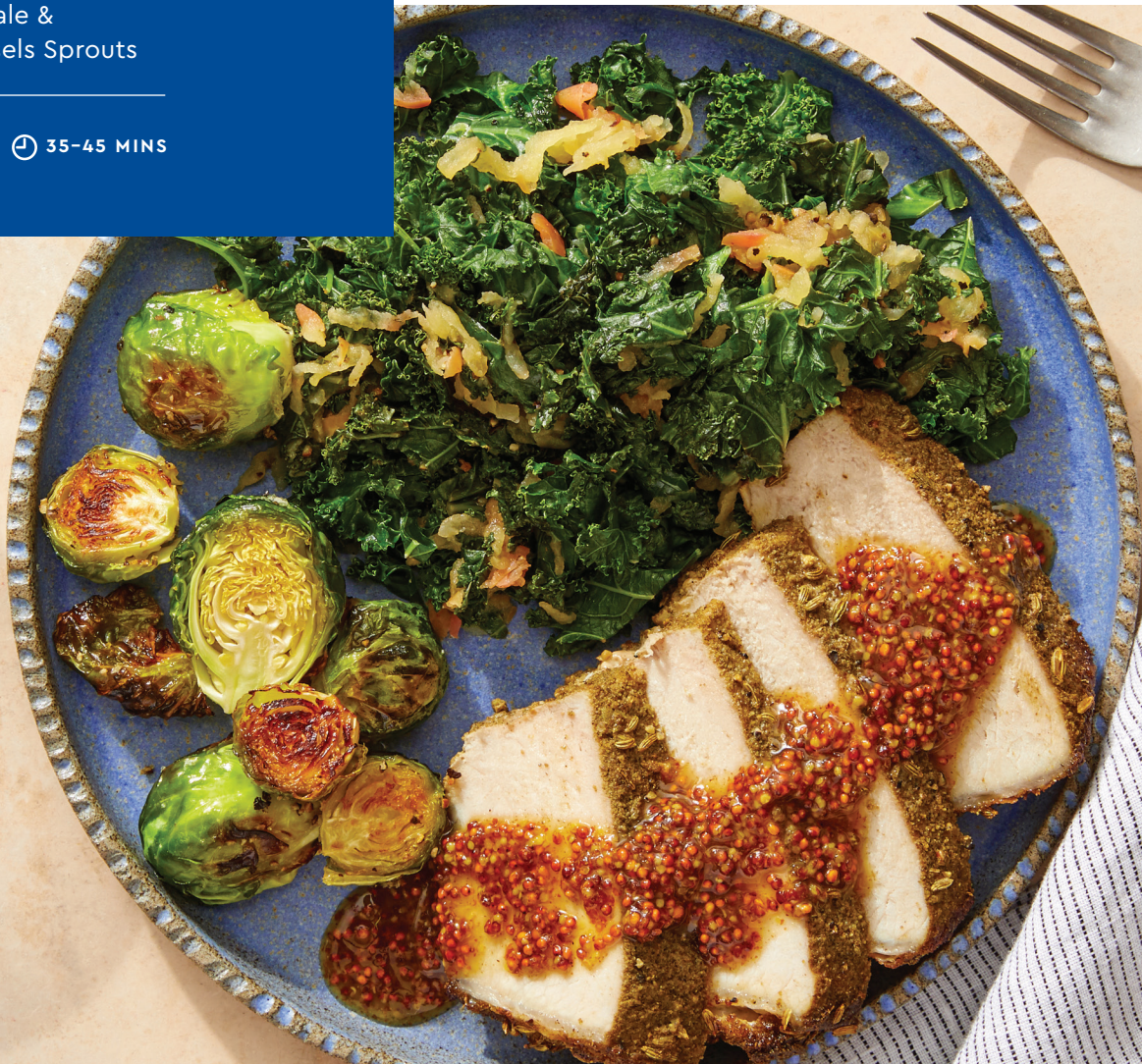
# Maple-Mustard Pork Roast

with Apple, Kale &  
Roasted Brussels Sprouts

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
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## Ingredients



1 Pork Roast



1 Apple



1 bunch Kale



½ lb Brussels  
Sprouts



1 Tbsp Whole Grain  
Dijon Mustard



1 ½ Tbsps Maple  
Syrup



1 Tbsp Apple Cider  
Vinegar



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



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



SmartPoints® value per serving  
(as packaged)



Scan this barcode  
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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. Ground Fennel Seeds, Whole Fennel Seeds, Ground Rosemary & Ground Sage



### 1 Start the pork

- Place an oven rack in the center of the oven; preheat to 450°F.
- Line a sheet pan with foil.
- Pat the **pork** dry with paper towels; place in a bowl. Drizzle with **2 teaspoons of olive oil** and season on all sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Rub the seasonings onto the pork.
- Transfer to one side of the sheet pan.
- Roast 12 minutes. Leaving the oven on, remove from the oven.



### 2 Roast the brussels sprouts & pork

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Place in a bowl. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; stir to coat.
- Transfer to the other side of the sheet pan of **partially roasted pork**. Arrange in an even layer.
- Roast 15 to 17 minutes, or until the brussels sprouts are tender when pierced with a fork and the pork is browned and cooked through.\*
- Transfer the **roasted pork** to a cutting board. Let rest at least 5 minutes.



### 3 Prepare the remaining ingredients & make the sauce

- Meanwhile, separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves.
- Grate the **apple** on the large side of a box grater, discarding the core.
- In a bowl, combine the **maple syrup** and **mustard**.



### 4 Cook the kale & apple

- While the pork rests, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced kale** and **grated apple**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- 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.
- Turn off the heat and carefully stir in the **vinegar**. Taste, then season with salt and pepper if desired.



### 5 Slice the pork & serve your dish

- Find the lines of muscle (or grain) on the **rested pork**; slice crosswise against the grain.
- Serve the **sliced pork** with the **cooked kale and apple** and **roasted brussels sprouts**. Top the pork with the **sauce**. Enjoy!



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

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

Calories: 540, Total Carbohydrates: 40g, Dietary Fiber: 10g, Added Sugars: 10g, Total Fat: 23g, Saturated Fat: 4g, Protein: 45g, Sodium: 970mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](http://blueapron.com/wellness). SmartPoints are calculated based on as packaged. 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](http://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.

Blue Apron, LLC, New York, NY 10005

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