

Miso Pork Chops

with Bok Choy & Marinated Apple

4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*




Serve with Blue Apron wine that has this symbol
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Ingredients



4 Boneless, Center-Cut Pork Chops 



18 oz Tail-On Shrimp 



1 cup Long Grain White Rice



1 Apple



15 oz Baby Bok Choy



1/3 cup Asian-Style Sautéed Aromatics



2 Tbsps Butter



3 Tbsps Sweet White Miso Paste



2 Tbsps Vegetarian Ponzu Sauce



1 Tbsp Mirin²

1. peeled & deveined 2. salted cooking wine
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & marinate the apple

- Wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop.
- In a bowl, whisk together the **miso paste**, **ponzu sauce**, and **½ cup of water** until smooth.
- Grate the **apple** on the large side of a box grater, discarding the core. Place in a separate bowl; add the **mirin** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.



2 Cook the rice

- Meanwhile, in a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



3 Cook the bok choy

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sautéed aromatics** on medium-high until hot.
- Add the **chopped bok choy**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



4 Cook the pork

- Pat the **pork** dry with paper towels. Season with salt and pepper on both sides.
- 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.



↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through. Transfer to a plate.

5 Make the sauce

- Add the **miso-ponzu mixture** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **butter** until melted and combined.



6 Finish the rice & serve your dish

- Add the **cooked bok choy** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **finished rice** topped with the **sliced pork**, **sauce**, and **marinated apple** (discarding any liquid). Enjoy!



↺ CUSTOMIZED STEP 6 If you chose Shrimp

- Add the **cooked bok choy** to the pot of **cooked rice**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished rice** topped with the **cooked shrimp**, **sauce**, and **marinated apple** (discarding any liquid). Enjoy!

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