

# Calabrian Honey Pork Chops

with Sicilian-Style Cauliflower











2 SERVINGS

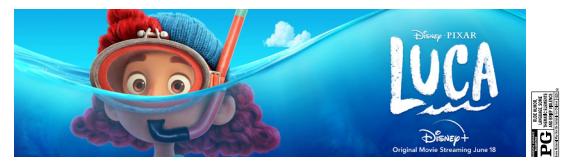
35-45 MINS

 **Blue Apron**  
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## Ingredients

- |   |  |
|---|--|
|  2 Boneless, Center-Cut Pork Chops |  1 head Cauliflower             |
|  1 Bell Pepper                     |  1 Tbsp Capers                  |
|  2 Tbsps Dried Currants            |  1 ½ tsps Calabrian Chile Paste |
|  1 Tbsp Red Wine Vinegar           |  1 Tbsp Honey                   |
|  2 Tbsps Sliced Roasted Almonds    |  1 tsp Whole Dried Oregano      |



## Ready for the best summer ever?

Dive into a culinary adventure this summer with this recipe celebrating Disney and Pixar's *Luca*, available to stream on **Disney+** starting **June 18**. Looking for more family fun? Scan this QR code for more tips on how to get kids involved in the kitchen!



#letsblueapron  
#pixarluca



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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**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cauliflower**; cut into small florets.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut crosswise into 1/2-inch strips.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- In a separate bowl, combine the **honey** (kneading the packet before opening) and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



## 2 Roast the vegetables

- Transfer the **cauliflower florets** and **pepper strips** to a sheet pan. Drizzle with **olive oil** and season with salt and pepper. Toss 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.



## 3 Cook the pork

- Meanwhile, pat the **pork** dry with paper towels. Season on both sides with salt, pepper, and the **oregano**.
- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until cooked to your desired degree of doneness.\*
- Transfer to a cutting board and let rest at least 5 minutes.



## 4 Finish & serve your dish

- Transfer the **roasted vegetables** to a large bowl.
- Add the **vinegar**, **capers**, and **rehydrated currants** (draining before adding); season with salt and pepper. Toss to combine. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **finished vegetables**. Drizzle the pork with the **Calabrian honey**. Garnish the vegetables with the **almonds**. Enjoy!



### COOKING WITH KIDS?

Try tasting the veggies and picking out the 5 different taste profiles (like sweet currants)!



\*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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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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