

Seared Pork Chops & Tzatziki

with Mushrooms, Kale & Shishito Peppers

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



 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.*


Ingredients

Customized ingredients

 2 Boneless, Center-Cut Pork Chops 


SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 1 ½ Tbsps Golden Raisins


 1 Tbsp Dukkah Seasoning¹


 4 oz Mushrooms

 3 oz Shishito Peppers

 6 oz Kale

 2 cloves Garlic

 1 Shallot

 ½ cup Tzatziki²



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

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



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1. Za'atar, Ground Coriander, Ground Fennel Seeds, Ground Cumin & Black Sesame Seeds 2. cucumber-yogurt sauce
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Cut the **mushrooms** into bite-sized pieces.
- Peel the **shallot**; thinly slice into rounds, separating the layers.
- Cut off and discard the stems of the **peppers**; cut crosswise into 1-inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.
- In a large bowl, combine the **mushroom pieces** and **pepper pieces**.



2 Roast the vegetables

- Line a sheet pan with foil.
- To the bowl of **mushroom and pepper pieces**, add **2 teaspoons of olive oil**; season with salt, pepper, and **half the dukkah**. Toss to coat.
- Transfer to the sheet pan; arrange in an even layer.
- Roast 8 minutes.
- Leaving the oven on, remove from the oven.
- Carefully add the **sliced shallot** to the sheet pan.
- Return to the oven and roast 8 to 10 minutes, or until the vegetables are 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 with salt and pepper on both sides.
- 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



4 Cook the kale & finish the vegetables

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
 - In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
 - Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
 - Leaving any browned bits (or fond) in the pan, transfer to a plate. Loosely cover with foil to keep warm.
- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
 - Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
 - Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
 - Add the **raisins** and **¼ cup of water** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
 - Turn off the heat. Add the **roasted vegetables**; stir to combine. Taste, then season with salt and pepper if desired.



5 Slice the pork & serve your dish

- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **finished vegetables**. Top the pork with the **tzatziki**. Garnish with a **pinch of the remaining dukkah** (you will have extra). Enjoy!



5 CUSTOMIZED STEP 5 If you chose Salmon

- Serve the **cooked fish** with the **finished vegetables**. Top the fish with the **tzatziki**. Garnish with a **pinch of the remaining dukkah** (you will have extra). Enjoy!