

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

Ingredients

Customized ingredients



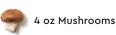
2 Boneless, Center-Cut Pork Chops 🔄

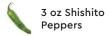
SWAPPED FOR:















2 cloves Garlic



1 Shallot



1/2 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.



STANDARD RECIPE

Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations.

To learn more about WW and SmartPoints visit ww.com. The WW logo, and SmartPoints are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC. 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.

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 bitesized 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.

Cook the pork

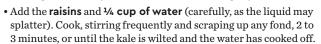
- Meanwhile, pat the pork dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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.

CUSTOMIZED STEP 3 If you chose Salmon

- 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.

4 Cook the kale & finish the vegetables

- 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.



• 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!



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!

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



