

IF 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 🔄





2 Boneless, Skinless Chicken Breasts



1 Shallot



1 oz Salted Butter



1 Lemon



3/4 lb Potatoes



6 oz Kale



2 ½ Tbsps Chicken Demi-Glace



1 Tbsp Capers



2 cloves Garlic



2 Tbsps Mascarpone Cheese



1/4 tsp Crushed Red Pepper Flakes



Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"Alexa, find Blue Apron recipes."

Prepare the ingredients

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- · Wash and dry the fresh produce.
- Medium dice the potatoes.
- Peel and roughly chop 2 cloves of garlic.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel and finely chop the shallot.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out

Cook & mash the potatoes

- Add the diced potatoes to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- · Drain thoroughly and return to the pot. Add the mascarpone and a drizzle of olive oil. Season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.



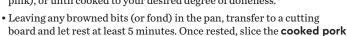
• Taste, then season with salt and pepper if desired. Cover to keep warm.

Cook the kale

- Meanwhile, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the chopped kale; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add the chopped garlic and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add ¼ cup of water (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Transfer to a bowl; cover with foil to keep warm.
- · Wipe out the pan.



- 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 for medium (the center may still be slightly



pink), or until cooked to your desired degree of doneness.'

crosswise.

CUSTOMIZED STEP 4 If you chose Chicken

- Pat the chicken dry with paper towels; season with salt and pepper on
- In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. When cool enough to handle, slice the cooked chicken



- In the pan of reserved fond, heat a drizzle of olive oil on medium-high until hot.
- Add the chopped shallot and capers; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the lemon juice (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until most of the liquid has cooked off.
- Add the demi-glace (carefully, as the liquid may splatter) and 1/4 cup of water; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the liquid is slightly reduced in volume.
- Turn off the heat; stir in the butter until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the sliced pork with the mashed potatoes and cooked kale. Top the pork and potatoes with the pan sauce. Enjoy!



CUSTOMIZED STEP 5 If you chose Chicken

· Make the pan sauce and serve your dish as directed with the sliced chicken (instead of pork).

*The USDA recommends a minimum safe cooking temperature of 145°F for pork and 165°F for chicken.



