

Lemon-Caper Pork

with Mashed Potatoes & Kale

2 SERVINGS

40-50 MINS



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Ingredients


Customized ingredients

 2 Boneless, Center-Cut Pork Chops 


SWAPPED FOR:

 2 Boneless, Skinless Chicken Breasts 


 1 Shallot

 1 oz Salted Butter

 1 Lemon

 ¾ lb Potatoes

 6 oz Kale

 2 ½ Tbsps Chicken Demi-Glace

 1 Tbsp Capers

 2 cloves Garlic

 2 Tbsps Mascarpone Cheese

 ¼ tsp Crushed Red Pepper Flakes



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

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"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ 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 the seeds.



2 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.



3 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 $\frac{1}{4}$ **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.



4 Cook & slice 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 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. Once rested, slice the **cooked pork** crosswise.



↺ CUSTOMIZED STEP 4 If you chose Chicken

- Pat the **chicken** 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 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** crosswise.

5 Make the pan sauce & serve your dish

- 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 $\frac{1}{4}$ **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.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: 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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