

# Garlic-Caper Pork Chops

with Parmesan Mashed Potatoes & Brussels Sprouts

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
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## Ingredients

*Customized ingredients*


 2 Boneless, Center-Cut Pork Chops 

SWAPPED FOR:

 2 Boneless, Skinless Chicken Breasts 

 1 Lemon


 ¼ cup Grated Parmesan Cheese

 ¾ lb Potatoes


 2 cloves Garlic

 2 Tbsps Mascarpone Cheese

 1 Tbsp Italian Seasoning<sup>1</sup>

 ½ lb Brussels Sprouts

 1 Tbsp Capers

 1 oz Salted Butter



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)

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<sup>1</sup> Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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**.
- Cut off and discard the stems of the **brussels sprouts**; halve lengthwise.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 2 teaspoons. Quarter and deseed the lemon.
- Peel and roughly chop **2 cloves of garlic**.



## 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 **half the parmesan**; 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.



## 3 Roast & dress the brussels sprouts

- Meanwhile, place the **halved brussels sprouts** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Transfer to a large bowl; add the **lemon zest** and **the juice of 2 lemon wedges**. Stir to coat. Taste, then season with salt and pepper if desired.



## 4 Cook the pork

- Meanwhile, pat the **pork** dry with paper towels; season on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



### Step 4 continued:

- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and 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 4 If you chose Chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle 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.

## 5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **butter** and **chopped garlic**. Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **capers** and **the juice of the remaining lemon wedges** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **mashed potatoes** and **dressed brussels sprouts**. Top the pork with the **pan sauce**. Garnish the potatoes with the **remaining parmesan**. Enjoy!



## ↩ CUSTOMIZED STEP 5 If you chose Chicken

- Make the pan sauce and serve your dish as directed, using the **cooked 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](http://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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