

Hot Honey Butter-Glazed Pork

with Mashed Potatoes

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com




Ingredients*

Customized ingredients


 2 Boneless, Center-Cut Pork Chops 

SWAPPED FOR:


 2 Boneless, Skinless Chicken Breasts 


 1 oz Salted Butter

 2 tsps Honey

 3/4 lb Potatoes

 2 cloves Garlic

 2 Tbsps Vegetarian Worcestershire Sauce

 6 oz Green Beans

 4 oz Grape Tomatoes

 1 Tbsp Hot Sauce



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



12 - 15 PersonalPoints® range per serving

Now your Points value is personalized to YOU! It could be between 12-15 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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

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*Ingredients may be replaced and quantities may vary.

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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**.
- Halve the **tomatoes**.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **worcestershire sauce**, **2 tablespoons of water**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **half the butter** and a drizzle of **olive oil**. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired.



3 Cook the vegetables

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**, **halved tomatoes**, and **halved green beans**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the pork & serve your dish

- Pat the **pork** dry with paper towels. Season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned pork**. Cook 4 to 6 minutes, or until browned. Flip and cook 4 minutes.
- Add the **glaze** (carefully, as the liquid may splatter) and **remaining butter**. Cook, constantly spooning the glaze over the pork, 1 to 2 minutes for medium (the center may still be slightly pink), or until the pork is coated and cooked to your desired degree of doneness.*
- Turn off the heat.
- Serve the **cooked pork** (including any glaze from the pan) with the **mashed potatoes** and **cooked vegetables**. Enjoy!



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 a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned. Flip and cook 5 minutes.
- Add the **glaze** (carefully, as the liquid may splatter) and **remaining butter**. Cook, constantly spooning the glaze over the chicken, 1 to 2 minutes, or until the chicken is coated and cooked through.*
- Turn off the heat.
- Serve the **cooked chicken** (including any glaze from the pan) with the **mashed potatoes** and **cooked vegetables**. Enjoy!

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

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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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