

Ingredients*

Customized ingredients



SWAPPED FOR:





4 Steaks 🔄



6 oz Carrots



¾ lb Kale



1 bunch Mint



1 Lemon



2 oz Salted Butter



2 Tbsps Mascarpone Cheese



2 oz Cheddar Cheese Curds



1/4 cup Roasted **Pistachios**



1 Tbsp Weeknight Hero Spice Blend¹



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

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^{1.} Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

^{*}Ingredients may be replaced and quantities may vary.



"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 the carrots, then thinly slice on an angle.
- · Separate the kale leaves from the stems; discard the stems, then roughly chop the leaves.
- · Quarter and deseed the lemon.
- Roughly chop the pistachios.
- · Pick the mint leaves off the stems.

Cook & mash the potatoes

- Add the diced potatoes to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the mascarpone, cheese curds, 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 vegetables

- · Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- · Add the sliced carrots. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.



- Add 1/2 cup of water (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has
- Transfer to a bowl. Add the juice of 2 lemon wedges and a drizzle of olive oil. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- · Wipe out the pan.

4 Cook the pork

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the spice blend.
- In the same pan, heat a drizzle 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 browned and cooked to your desired degree of doneness.*



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Step 4 continued:

• 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

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the spice blend.
- In the same pan, 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.

If you chose Steaks

- Pat the steaks dry with paper towels; season on all sides with salt, pepper, and the spice blend.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare (125°F), 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.

5 Make the pan sauce & serve your dish

- In the pan of reserved fond, heat the butter on medium-high until melted.
- Once melted, add the chopped pistachios. Cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add 1/4 cup of water (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until combined and the liquid is slightly thickened.
- Turn off the heat; stir in the juice of the remaining lemon wedges.
- Slice the rested pork crosswise.
- Serve the sliced pork with the mashed potatoes and cooked vegetables. Top the pork and potatoes with the pan sauce. Garnish the vegetables with the mint leaves (tearing just before adding). Enjoy!

CUSTOMIZED STEP 5 If you chose Chicken

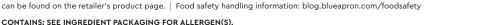
- Make the pan sauce and serve your dish as directed, using the cooked chicken (instead of pork).

If you chose Steaks

- Make the pan sauce as directed in Step 5.
- Find the lines of muscle (or grain) on the rested steaks; slice crosswise against the grain.
- Serve the sliced steaks with the mashed potatoes and cooked vegetables. Top the steaks and potatoes with the pan sauce. Garnish the vegetables with the mint leaves (tearing just before adding). Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for pork and steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.





Produced in a facility that processes crustacean shellfish