

# Honey Mustard Pork Chops & Brussels Sprouts

with Sautéed Apple & Kale

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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## Ingredients\*

 2 Boneless, Center-Cut Pork Chops

 ½ lb Brussels Sprouts

 6 oz Kale

 1 Apple

 1 Tbsp Apple Cider Vinegar

 1 Tbsp Whole Grain Dijon Mustard

 4 tsps Honey

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



**6** Points<sup>®</sup> value per serving



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

To learn more about the (NEW!) WW Points™ program, visit [ww.com](http://ww.com). The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

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

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting Points™?** Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare & roast the brussels sprouts

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Line a sheet pan with foil.
- Wash and dry the fresh produce.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise. Place on the 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.
- Remove from the oven.



## 2 Prepare the remaining ingredients

- Meanwhile, separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves.
- Grate the **apple** on the large side of a box grater, discarding the core.
- In a bowl, combine the **honey** (kneading the packet before opening) and **mustard**.



## 3 Cook the pork

- 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 3 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.

## 4 Cook the kale & apple

- While the pork rests, in the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced kale** and **grated apple**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add  $\frac{1}{4}$  **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat and carefully stir in the **vinegar**. Taste, then season with salt and pepper if desired.



## 5 Slice the pork & serve your dish

- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **cooked kale and apple** and **roasted brussels sprouts**. Top the pork with the **honey mustard**. Enjoy!



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

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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, sesame, and wheat.  
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