

Miso Pork Chops

with Bok Choy & Carrot Rice

4 SERVINGS

⌚ 25-35 MINS


 **Blue Apron**
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Ingredients*

Customized ingredients



4 Boneless, Center-Cut Pork Chops 

SWAPPED FOR:



4 Skin-On Salmon Fillets 



1 cup Long Grain White Rice



¾ lb Carrots



15 oz Baby Bok Choy



2 oz Salted Butter



1 Tbsp Sesame Oil



1 Tbsp Rice Vinegar



3 Tbsps Sweet White Miso Paste



3 Tbsps Soy Glaze



1 tsp Furikake



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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Cook the rice

- Remove the **butter** from the refrigerator to soften.
- Remove the **miso paste** from the refrigerator to bring to room temperature.
- Carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- In a medium pot, combine the **rice**, a **big pinch of salt**, and **2 cups of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the root ends of the **bok choy**; roughly chop, separating the stems and leaves.
- Peel the **carrots**; thinly slice on an angle.
- In a bowl, combine the **chopped bok choy stems** and **sliced carrots**.



3 Cook the pork

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In a large 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



CUSTOMIZED STEP 3 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.

4 Cook the vegetables & finish the rice

- To the pan of reserved fond, add the **prepared bok choy stems and carrots**; season with salt and pepper (if the pan seems dry, add a drizzle of olive oil). Cook on medium-high, stirring occasionally, 4 to 5 minutes, or until lightly browned.
- Add the **chopped bok choy leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until wilted.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until the liquid has cooked off.
- Transfer to the pot of **cooked rice**. Add the **sesame oil** and stir to thoroughly combine. Taste, then season with salt and pepper if desired.



5 Finish & serve your dish

- In a bowl, combine the **softened butter** and **miso paste**. Using a fork, mash until smooth.
- Slice the **rested pork** crosswise.
- Serve the **sliced pork** with the **finished rice**. Top the pork with the **soy glaze** and **miso butter**. Garnish with the **furikake**. Enjoy!



CUSTOMIZED STEP 5 If you chose Salmon

- In a bowl, combine the **softened butter** and **miso paste**. Using a fork, mash until smooth.
- Serve the **cooked fish** with the **finished rice**. Top the fish with the **soy glaze** and **miso butter**. Garnish with the **furikake**. Enjoy!

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

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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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