

# Pork Chops & Preserved Lemon Yogurt

with Sautéed Vegetables

WW™ APPROVED  
DIABETES FRIENDLY  
CARB CONSCIOUS  
500 CALORIES OR LESS  
MEDITERRANEAN DIET

🕒 25-35 MINS | 2 SERVINGS

In this recipe, we're bringing together seared pork chops (coated with a blend of savory seasonings) and a duo of sautéed vegetables with a bright, cooling layer of creamy yogurt mixed with preserved lemon purée. Garnishes of crisp marinated radishes and roasted almonds lend a bit of pleasant crunch to each bite.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Wine is not included in SmartPoints®

🍷 | 9 8 8 SmartPoints® value per serving



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## Ingredients



2  
BONELESS,  
CENTER-CUT  
PORK CHOPS



2  
SCALLIONS



4 oz  
SWEET PEPPERS



½ cup  
PLAIN NONFAT  
GREEK YOGURT



1 tsp  
PRESERVED  
LEMON PURÉE



4 oz  
SUGAR SNAP PEAS



3 oz  
RADISHES



2 Tbsps  
SLICED ROASTED  
ALMONDS



1 Tbsp  
WHITE WINE  
VINEGAR



1 Tbsp  
WEEKNIGHT  
HERO SPICE  
BLEND\*

\*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 190mg sodium per serving as packaged.

### 1 Prepare the ingredients & marinate the radishes:

- Wash and dry the fresh produce.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **radishes** lengthwise, then thinly slice crosswise; place in a medium bowl. Add the **sliced green tops of the scallions** and **vinegar**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



### 2 Cook the pork:

- Meanwhile, pat the **pork** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned pork and cook 4 to 6 minutes per side, or until browned and cooked through.\*\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.



### 3 Make the lemon yogurt:

- Meanwhile, in a bowl, combine the **yogurt** and **lemon purée**; season with salt and pepper. Stir to combine.



### 4 Cook the vegetables:

- While the pork rests, in the pan of reserved fond, heat **½ teaspoon of olive oil** on medium-high until hot.
- Add the **prepared peas** in an even layer. Cook, without stirring, 1 to 2 minutes, or until lightly browned.
- Add the **quartered peppers** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



### 5 Slice the pork & serve your dish:

- Slice the **rested pork** crosswise.
- Divide the **lemon yogurt** between two dishes; spread into an even layer. Top with the **sliced pork** and **cooked vegetables**. Garnish with the **marinated radishes** and **almonds**. Enjoy!

\*\*An instant-read thermometer should register 145°F.



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 390, Total Carbohydrates: 18g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 14g, Saturated Fat: 3g, Protein: 47g, Sodium: 840mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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