



# PORK TENDERLOIN WITH CREAMY PAN SAUCE

plus Roasted Sweet Potato Couscous

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Sweet Potato



2 | 4

Scallions



2 Cloves | 4 Cloves

Garlic



10 oz | 20 oz  
Pork Tenderloin



1 TBSP | 1 TBSP  
Bold & Savory  
Steak Spice



3/4 Cup | 1 1/2 Cups  
Israeli Couscous  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



1 | 2  
Mushroom Stock  
Concentrate



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



### HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 790



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 800



HELLO

## HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

### GET IT DOWN PAT

Blotting moisture from the pork, like you'll do in Step 3, allows the seasonings to stick and ensures even browning once the tenderloin hits the pan.

### BUST OUT

- Baking sheet
- Paper towels
- Large pan
- Medium pot

- Kosher salt
  - Black pepper
  - Cooking oil (1 TBSP | 1 TBSP)
  - Butter (2 TBSP | 4 TBSP)
- Contains: Milk



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**.



### 2 ROAST SWEET POTATO

- Toss **sweet potato** on one side of a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 20-22 minutes (**you'll add more to the sheet after 11 minutes**).



### 3 SEAR PORK

- While sweet potato roasts, using a rolling pin or heavy-bottomed pan, crush peppercorns inside packet of **Steak Spice**.
- Pat **pork\*** dry with paper towels and season all over with 1½ tsp **Steak Spice (all for 4 servings)**, a **big pinch of salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer to a plate. Wipe out pan.

🔄 Swap in **chicken\*** for pork. Cook until browned and cooked through, 6-8 minutes per side.



### 4 ROAST PORK

- Once sweet potato has roasted 11 minutes, remove sheet from oven. Carefully toss **sweet potato**; add **pork** to empty side of baking sheet.
- Return to top rack until pork is cooked through and sweet potato is browned and tender, 9-11 minutes.
- Transfer pork to a cutting board to rest for at least 5 minutes.

🔄 Skip this step for chicken!



### 5 COOK COUSCOUS

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **scallion whites** and **half the garlic (you'll use the rest in the next step)**; cook until fragrant, 30 seconds.
- Add **couscous** and stir to coat. Stir in **¾ cup water (1½ cups for 4 servings)**, **chicken stock concentrate**, and a **big pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Drain any excess liquid if necessary. Season with **salt** and **pepper** if desired. Keep covered off heat until ready to serve.



### 6 MAKE SAUCE

- While couscous cooks, heat a **drizzle of oil** in pan used for pork over medium heat. Add **remaining garlic** and cook, stirring often, until fragrant, 30 seconds.
- Add **¼ cup water (½ cup for 4 servings)**, **mushroom stock concentrate**, and **cream cheese**. Cook, stirring occasionally, until cream cheese melts and sauce has thickened, 2-3 minutes.
- Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)**. Taste and season with **salt** and **pepper** if desired.

🔄 Use pan used for chicken here.



### 7 FINISH & SERVE

- Stir roasted **sweet potato** into pot with **couscous**.
- Thinly slice **pork** crosswise.
- Divide couscous and pork between plates. Spoon **pan sauce** over pork. Garnish with **scallion greens** and serve.

🔄 Thinly slice **chicken** crosswise.

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\*Pork is fully cooked when internal temperature reaches 145°.

🔄 \*Chicken is fully cooked when internal temperature reaches 165°.