

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz Green Beans



1tsp | 1tsp Chili Flakes



3 TBSP | 6 TBSP Sour Cream Contains: Milk



¼ oz | ½ oz



10 oz | 20 oz Pork Tenderloin



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



Chicken Stock Concentrates



Dijon Mustard

2 tsp | 4 tsp



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



HelloCustom

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



10 oz | 20 oz Chicken Cutlets



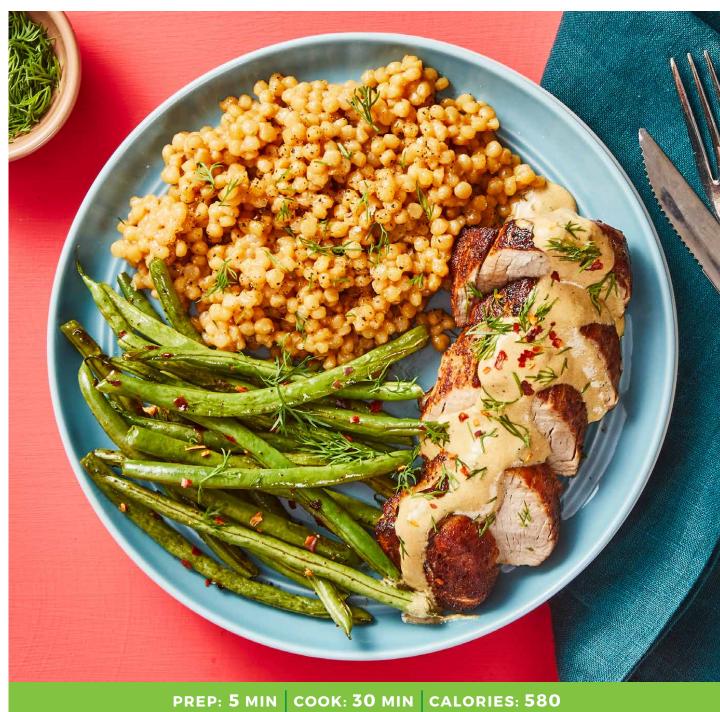
10 oz | 20 oz Salmon Contains: Fish



Calories: 740

CREAMY DILL PORK TENDERLOIN

with Couscous & Green Beans





HELLO

DIJON MUSTARD

This classic French condiment gives creamy pan sauce a hint of tang.

JUST BE-COUSCOUS

Fluffing couscous right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

BUST OUT

- · Baking sheet
- Large pan
- Aluminum foil
- Small pot
- Paper towels
- Whisk
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP) Contains: Milk

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

- *Salmon is fully cooked when internal temperature



1 PREP

- · Adjust rack to top position and preheat oven to 425 degrees. Line a baking sheet with foil. Wash and dry produce.
- Trim green beans if necessary. Pick and roughly chop fronds from dill.



2 SEAR PORK

- Pat **pork*** dry with paper towels; season generously with salt and pepper.
- Heat a large drizzle of olive oil in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (it'll finish cooking in the next step).
- Turn off heat; transfer pork to one side of prepared baking sheet.
- Swap in **chicken*** or **salmon*** for pork. © Cook chicken until cooked through. 3-5 minutes per side, or cook salmon (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest (no



3 ROAST PORK & GREEN BEANS

- Add green beans to empty side of baking sheet with **pork**; toss with a drizzle of olive oil, salt, pepper, and chili flakes to taste.
- Roast on top rack until green beans are tender and pork is cooked through. 12-15 minutes.
- Remove from oven; transfer pork to a cutting board to rest for 5 minutes.
- Roast green beans without chicken or salmon.



4 COOK COUSCOUS

- Meanwhile, add couscous and 1 TBSP butter (2 TBSP for 4 servings) to a small pot over medium-high heat. Cook, stirring, until butter has melted and couscous is lightly toasted, 2-3 minutes.
- Add 3/4 cup water (11/2 cups for 4), half the stock concentrates (you'll use more in the next step), 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. TIP: Drain excess water if necessary.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

need to roast!).

- While couscous cooks, heat pan used for pork over medium-high heat. Add remaining stock concentrates and 1/4 cup water (1/3 cup for 4 servings); bring to a simmer and cook 1-2 minutes.
- Reduce heat to low and whisk in sour cream, half the chopped dill, and mustard to taste. Turn off heat. Stir in 1 TBSP butter (2 TBSP for 4) and any resting juices from pork. Season with salt and pepper.



6 FINISH & SERVE

- Fluff couscous with a fork and season with salt and pepper.
- Slice pork crosswise.
- Divide couscous, pork, and green beans between plates. Spoon sauce over pork and sprinkle with remaining chopped dill and any remaining chili flakes to taste. Serve.
- Slice chicken crosswise (skip slicing salmon!).