



CREAMY DILL PORK TENDERLOIN

with Couscous & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



¼ oz | ½ oz
Dill



10 oz | 20 oz
Pork Tenderloin



1 tsp | 1 tsp
Chili Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



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10 oz | 20 oz
Chicken Cutlets

Calories: 580



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 740



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 580



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

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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 need to roast!**).



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 **¾ cup water** (1½ 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.**



5 MAKE SAUCE

- While couscous cooks, heat pan used for pork over medium-high heat. Add **remaining stock concentrates** and **¼ cup water** (½ 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!**).

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

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

🍴 *Salmon is fully cooked when internal temperature reaches 145°.