



# TUSCAN PORK TENDERLOIN

over Garlicky Tomato Spaghetti & Roasted Zucchini

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 | 2  
Tomato



1 Clove | 2 Cloves  
Garlic



10 oz | 20 oz  
Pork Tenderloin



1 TBSP | 1 TBSP  
Tuscan Heat  
Spice



6 oz | 12 oz  
Spaghetti  
Contains: Wheat



2 TBSP | 4 TBSP  
Cream Cheese  
Contains: Milk



1 | 2  
Chicken Stock  
Concentrate



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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

Calories: 690



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 860



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 700



HELLO

## TUSCAN HEAT SPICE

Our blend of Italian-style herbs packs a bit of peppery heat.

### GET IT DOWN PAT

Blotting moisture from the pork helps the seasonings stick and ensures a nice crust and even browning.

### BUST OUT

- Large pot
- Paper towels
- Large pan
- Baking sheet
- Strainer
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve **zucchini** lengthwise; slice into ½-inch-thick half-moons. Dice **tomato** into ½-inch pieces. Peel and mince or grate **garlic**.



### 2 SEASON & SEAR PORK

- Pat **pork\*** dry with paper towels; season all over with **half the Tuscan Heat Spice (all for 4 servings), salt, and pepper.**
  - Heat a **drizzle of oil** in a large pan over medium heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer pork to one side of a baking sheet. Wipe out pan.
- 🔄 Swap in **chicken\*** or **salmon\*** for pork.
- 🕒 Cook chicken until cooked through, 5-6 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. Turn off heat; transfer to a cutting board. Wipe out pan.



### 3 ROAST PORK & ZUCCHINI

- Toss **zucchini** with a **drizzle of oil, salt, and pepper** on opposite side of baking sheet with **pork.**
  - Roast on top rack until pork is cooked through and zucchini is lightly browned and tender, 12-15 minutes.
- 🔄 Toss and roast **zucchini** as instructed (skip roasting chicken or salmon!).



### 4 BOIL PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water (1½ cups for 4 servings)**, then drain.



### 5 COOK SAUCE

- When pasta has 5 minutes left, heat a **drizzle of oil** in pan used for pork over medium heat. Add **tomato** and **garlic**; cook, stirring, until softened and fragrant, 1-2 minutes.
- Whisk in **¼ cup reserved pasta cooking water (½ cup for 4 servings), cream cheese, and stock concentrate.** Cook, stirring, until thickened, 1-2 minutes. Season with **salt** and **pepper.** Remove from heat.

- 🔄 Use pan used for chicken or salmon here.



### 6 TOSS PASTA

- Add drained **spaghetti, zucchini, half the Parmesan, a splash of reserved pasta cooking water, and a drizzle of olive oil** to pan with **sauce**; toss to combine. **TIP: If needed, stir in more pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**



### 7 FINISH & SERVE

- Slice **pork** crosswise.
  - Divide **spaghetti** between plates; top with pork and sprinkle with **remaining Parmesan.** 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°.