



ZA'ATAR ROASTED PORK TENDERLOIN

with Saucy Tomato, Carrot Couscous & Cucumber Salad

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Pork Tenderloin



1 TBSP | 1 TBSP
Za'atar Spice
Contains: Sesame



6 oz | 12 oz
Carrots



1 | 2
Tomato



2 Cloves | 4 Cloves
Garlic



1 | 2
Mini Cucumber



¼ oz | ½ oz
Dill



1 | 1
Lemon



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 570



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 570



HELLO

ZA'ATAR SPICE

Spice blend of herby thyme, nutty sesame seeds, and tart sumac

LOOSEY JUICY

Firmly roll the lemon on the countertop with your palm before quartering. This quick hack softens the fruit, helping it yield more juice.

BUST OUT

- Paper towels
- Peeler
- Large pan
- Small pot
- Baking sheet
- Medium bowl

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

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1 COOK PORK

- Adjust rack to top position and preheat oven to 450 degrees.
- Pat **pork*** dry with paper towels; season all over with **half the Za'atar 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 cook, turning occasionally, until browned all over, 4-8 minutes.
- Turn off heat; transfer to a baking sheet. Wipe out pan. Roast on top rack until cooked through, 10-12 minutes. Transfer to a cutting board to rest.

- 🔄 Swap in **chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board to rest (**no need to roast!**). Wipe out pan.



4 MAKE SALAD

- In a medium bowl, combine **cucumber**, **yogurt**, **juice from one lemon wedge (two wedges for 4 servings)**, a **pinch of salt and pepper**, and as much **dill** as you like. Stir until fully combined.



2 PREP

- While pork roasts, **wash and dry produce**.
- Trim, peel, and dice **carrots** into ¼-inch pieces. Peel and mince or grate **garlic**. Halve **cucumber** lengthwise; thinly slice into half-moons. Quarter **lemon**. Finely chop **dill**. Dice **tomato** into ¼-inch pieces.



5 MAKE PAN SAUCE

- Heat a **drizzle of olive oil** in pan used for pork over medium heat. Add **tomato** and **remaining garlic**; cook, pressing tomato slightly, until softened and fragrant, 1-2 minutes.
- Add **remaining stock concentrate** and **½ cup water (¾ cup for 4 servings)**. Cook, stirring constantly and scraping up any browned bits from bottom of pan, until sauce is thickened, 1-2 minutes. Taste and season with **salt** and **pepper**.



3 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **carrots**, **half the garlic**, a **pinch of salt**, and **pepper**. Cook, stirring, until softened and fragrant, 2-3 minutes.
- Stir in **couscous**, **¾ cup water (1½ cups for 4)**, and **half the stock concentrates**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.
- Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Fluff **couscous** with a fork; stir in **almonds** and **1 TBSP butter (2 TBSP for 4 servings)**.
- Thinly slice **pork** crosswise.
- Divide couscous, pork, and **salad** between plates. Spoon **pan sauce** over pork. Garnish with any **remaining dill** and serve with any **remaining lemon wedges** on the side.

- 🔄 Thinly slice **chicken** crosswise.

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

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