

# **INGREDIENTS**

2 PERSON | 4 PERSON



Green Beans



1 tsp | 1 tsp Chili Flakes



3 TBSP | 6 TBSP Sour Cream Contains: Milk





2.5 oz | 5 oz Israeli Couscous **Contains: Wheat** 



2 tsp | 4 tsp





Pork Tenderloin



Chicken Stock Concentrates



Dijon Mustard



ANY ISSUES WITH YOUR ORDER? 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.

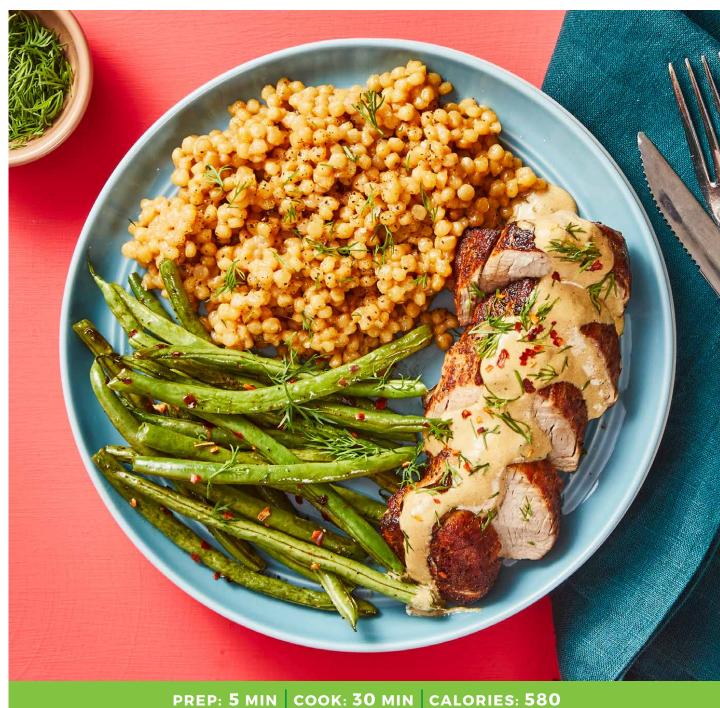


10 oz | 20 oz S Chicken Cutlets



# **CREAMY DILL PORK TENDERLOIN**

with Couscous & Green Beans





# HELLO

### **DIJON MUSTARD**

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

### **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**

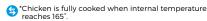
- · Baking sheet
- · Large pan
- Aluminum foil
- Small pot
- Paper towels
- Whisk
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP) Contains Milk

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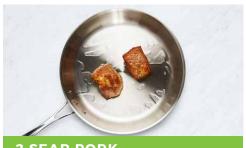
\*Pork is fully cooked when internal temperature reaches 145°.





#### 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\* for pork. Cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board to rest (skip the baking sheet-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.



- 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.



- 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.