



# TRATTORIA PORK CHOPS

with Roasted Carrots, Garlic Couscous & Creamy Tomato Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz  
Carrots



2 Cloves | 4 Cloves  
Garlic



1 | 2  
Shallot



¼ oz | ½ oz  
Parsley



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 | 4  
Beef Stock  
Concentrates



10 oz | 20 oz  
Pork Chops



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 2  
Tomato Paste



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
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  
Chicken Cutlets

Calories: 650

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680





HELLO

## ITALIAN SEASONING

An oregano, basil, and parsley herb blend

## WE PROPOSE A TOAST

When adding couscous in Step 3, stir until the pearls are coated in oil and lightly golden. Toasting adds an extra layer of flavor.

## BUST OUT

- Peeler
- Paper towels
- Baking sheet
- Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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

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



## 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **garlic**. Halve, peel, and mince **shallot**. Roughly chop **parsley**.



## 4 COOK PORK

- Pat **pork\*** dry with paper towels and season all over with **1 tsp Italian Seasoning (2 tsp for 4 servings)**, a **big pinch of salt**, and **pepper**. (**Be sure to measure the Italian Seasoning—we sent more!**)
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. (**TIP: Reduce heat if pork is browning too quickly.**) Turn off heat; transfer to a cutting board to rest. Wipe out pan and allow to cool for 1 minute.

🔄 Swap in **chicken\*** for pork; cook 3-5 minutes per side.



## 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until tender, 20-25 minutes.



## 5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **remaining shallot** and **remaining garlic**; cook, stirring, until softened and lightly browned, 2-3 minutes.
- Stir in **tomato paste, remaining stock concentrates, and ½ cup water (¾ cup for 4 servings)**. Bring to a simmer and cook until reduced, 2-3 minutes.
- Remove from heat and stir in **sour cream**. Season generously with **pepper**. **TIP: If sauce is too thick, add water 1 tsp at a time until sauce reaches desired consistency.**



## 3 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **couscous, half the garlic, 1 TBSP shallot (2 TBSP for 4)**, and a **pinch of salt and pepper**. Cook, stirring, until garlic is fragrant and couscous is lightly toasted, 2-3 minutes.
- Add **half the stock concentrates** and **¾ cup water (1½ cups for 4)**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.



## 6 FINISH & SERVE

- Fluff **couscous** gently with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**.
- Thinly slice **pork** crosswise.
- Divide couscous, pork, and **carrots** between plates. Spoon **sauce** over pork and couscous. Sprinkle with **parsley** and serve.
- 🔄 Thinly slice **chicken** crosswise.