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TRATTORIA PORK CHOPS

with Roasted Carrots, Garlic Couscous & Creamy Tomato Sauce



PREP: 10 MIN COOK: 35 MIN CALORIES: 680



HELLO

ITALIAN SEASONING

An oregano, basil, and parslev 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

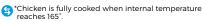
- Peeler
- Paper towels
- · Baking sheet Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP) Contains: Milk

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





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 1/2-inch-thick pieces. Peel and mince or grate garlic. Halve, peel, and mince **shallot**. Roughly chop parsley.



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.



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 34 cup water (11/2 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.



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.



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 1/2 cup water (3/4 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.