



PORK FILET WITH CREAMY PAN SAUCE

plus Roasted Sweet Potato Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



10 oz | 20 oz
Pork Filet



1 TBSP | 1 TBSP
Bold & Savory
Steak Spice



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



2 TBSP | 4 TBSP
Cream 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: 740



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 810



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750



HELLO

ISRAELI COUSCOUS

Tiny pasta with a nutty taste and a fun, springy texture

GET IT DOWN PAT

Blotting moisture from the pork, like you'll do in Step 3, allows the seasonings to stick and ensures even browning once the filet hits the pan.

BUST OUT

- Baking sheet
 - Rolling pin
 - Paper towels
 - Large pan
 - Medium pot
 - Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (2 TBSP | 4 TBSP)
- Contains: Milk



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens. Peel and mince or grate **garlic**.



2 ROAST SWEET POTATO

- Toss **sweet potato** on one side of a baking sheet with a **drizzle of oil, salt, and pepper**.
- Roast on top rack until browned and tender, 20-22 minutes (**you'll add more to the sheet after 11 minutes**).



3 SEAR PORK

- While sweet potato roasts, using a rolling pin or heavy-bottomed pan, crush peppercorns inside packet of **Steak Spice**.
- Pat **pork*** dry with paper towels and season all over with **1½ tsp Steak 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 sear, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer to a plate. Wipe out pan.

- Swap in **chicken*** or **beef*** for pork. Cook chicken until browned and cooked through, 6-8 minutes per side, or cook beef to desired doneness, 4-7 minutes per side.



4 ROAST PORK

- Once sweet potato has roasted 11 minutes, remove sheet from oven. Carefully toss **sweet potato**; add **pork** to empty side of baking sheet.
- Return to top rack until pork is cooked through and sweet potato is browned and tender, 9-11 minutes.
- Transfer pork to a cutting board to rest for at least 5 minutes.

• Skip this step for chicken or beef!



5 COOK COUSCOUS

- Meanwhile, melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **scallion whites** and **half the garlic (you'll use the rest in the next step)**; cook until fragrant, 30 seconds.
- Add **couscous** and stir to coat. Stir in **1½ cups water (2¼ cups for 4 servings), chicken stock concentrate**, 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.
- Drain any excess liquid if necessary. Season with **salt** and **pepper** if desired. Keep covered off heat until ready to serve.



6 MAKE SAUCE

- While couscous cooks, heat a **drizzle of oil** in pan used for pork over medium heat. Add **remaining garlic** and cook, stirring often, until fragrant, 30 seconds.
- Add **¼ cup water (½ cup for 4 servings), mushroom stock concentrate**, and **cream cheese**. Cook, stirring occasionally, until cream cheese melts and sauce has thickened, 2-3 minutes.
- Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)**. Taste and season with **salt** and **pepper** if desired.

• Use pan used for chicken or beef here.



7 FINISH & SERVE

- Stir roasted **sweet potato** into pot with **couscous**.
- Thinly slice **pork** crosswise.
- Divide couscous and pork between plates. Spoon **pan sauce** over pork. Garnish with **scallion greens** and serve.

- Thinly slice **chicken** or **beef** against the grain.

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

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

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

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