



PORK CHOPS WITH CRANBERRY PAN SAUCE

plus Spiced Roasted Carrots & Walnut-Raisin Couscous

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 | 2
Shallot



½ oz | 1 oz
Walnuts
Contains: Tree Nuts



1 tsp | 2 tsp
Cinnamon



1 tsp | 2 tsp
Smoked Paprika



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 oz | 2 oz
Golden Raisins



2 | 4
Chicken Stock
Concentrates



10 oz | 20 oz
Pork Chops



1 tsp | 2 tsp
Garlic Powder



1 | 2
Cranberry Jam



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: 690



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 770



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 730



HELLO

CRANBERRY JAM

Sweet and tart, this deep red spread stars in a fruity pan sauce.

WE'RE BIASED

The knife technique in Step 1 for cutting carrots (aka bias cut) maximizes surface area for extra caramelization in the oven.

BUST OUT

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

- Kosher salt
 - Black pepper
 - Cooking oil (5 tsp | 5 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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. Halve, peel, and mince **shallot**. Roughly chop **walnuts**.



2 ROAST CARROTS

- In a small bowl, combine **cinnamon** and **paprika**.
- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **half the cinnamon-paprika blend (you'll use more later)**, **salt**, and **pepper**.
- Roast on top rack until tender, 20-25 minutes.



3 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous**, **raisins**, and **half the shallot**; cook, stirring, until couscous is lightly toasted and raisins and shallot are softened, 3-5 minutes.
- Add **half the stock concentrates** and **¾ cup water (1½ cups for 4 servings)**; 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.



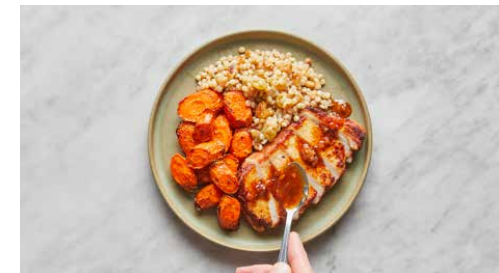
4 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **garlic powder**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 5-7 minutes per side. **TIP: If pork is on the thicker side, reduce heat to medium; cover and cook for 2-3 minutes more per side.**
- Transfer to a cutting board to rest. Reserve pan.



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium-high heat. Add **remaining shallot**, a **pinch of salt**, and **pepper**; cook, stirring occasionally, until fragrant and softened, 2-3 minutes.
- Stir in **½ cup water (1 cup for 4 servings)**, **jam**, **remaining stock concentrate**, **remaining cinnamon-paprika blend**, a **pinch of salt**, and **pepper**. Cook, stirring occasionally, until sauce begins to thicken, 3-5 minutes.
- Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt** and **pepper**.



6 FINISH & SERVE

- Stir **walnuts** into pot with **couscous** and season with **salt** and **pepper** to taste.
- Slice **pork** crosswise.
- Divide pork, couscous, and **carrots** between plates. Spoon **sauce** over pork and serve.

- 🍴 Slice **chicken** or **beef** against the grain.

- 🍴 Swap in **chicken*** or **beef*** for pork; cook chicken until cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side.

*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°.