



GERMAN PORK FILET WITH CREAMY DIJON SAUCE

plus Rosemary Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



12 oz | 24 oz
Potatoes*



¼ oz | ¼ oz
Rosemary



10 oz | 20 oz
Pork Filet



¼ oz | ½ oz
Parsley



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock
Concentrate



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*The ingredient you received may be a different color.



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: 580

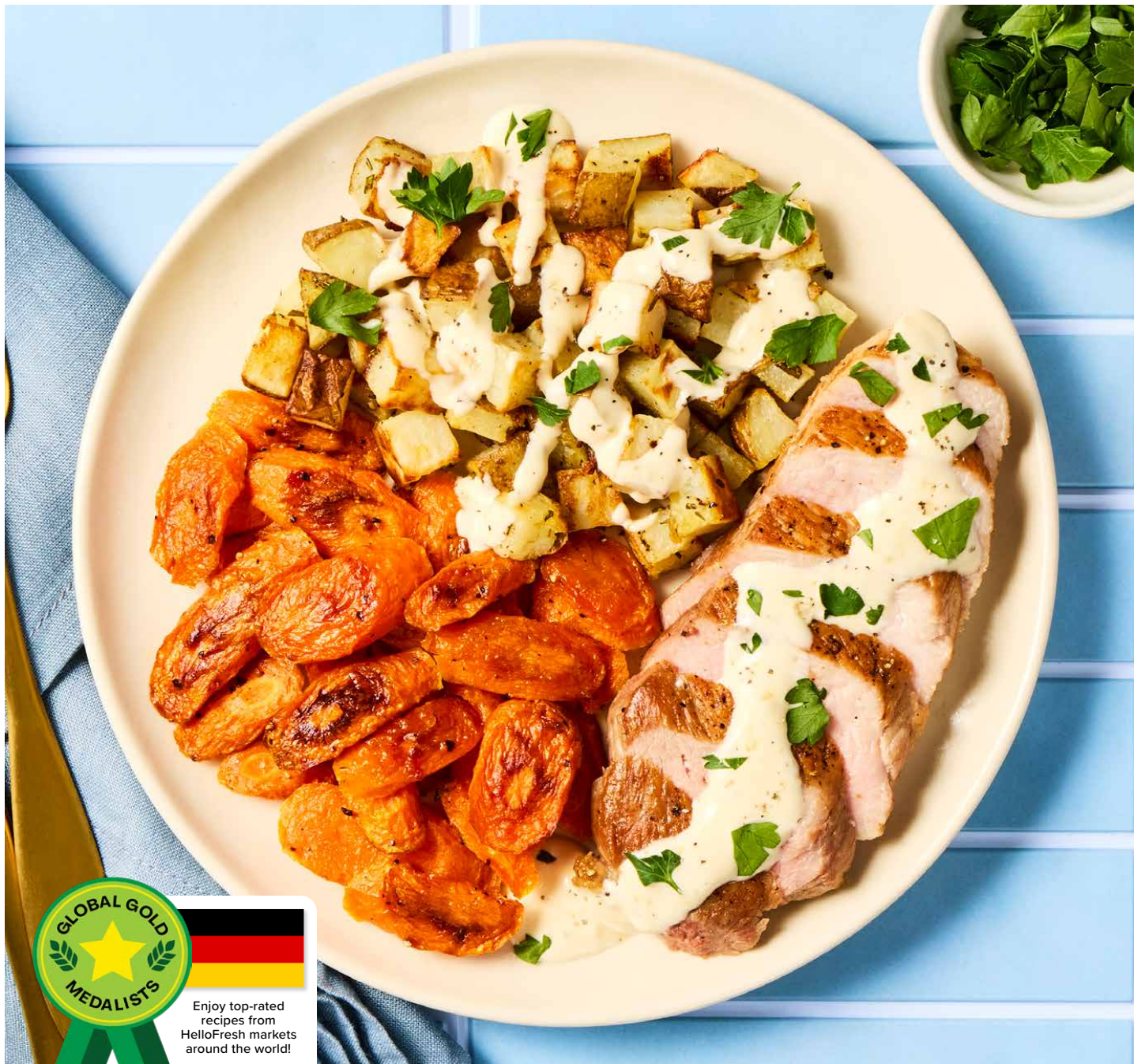


10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 660



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PREP: 5 MIN | COOK: 35 MIN | CALORIES: 590



HELLO

DIJON MUSTARD

This classic condiment gives creamy pan sauce a dose of tangy-savory flavor.

CRISPY BUSINESS

Spread out veggies on the baking sheet with as little overlap as possible. The more direct contact with the sheet, the better they'll brown and crisp up on the edges.

BUST OUT

- Peeler
- Paper towels
- 2 Baking sheets
- Large pan
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)

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 START PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces. Finely chop **half the chopped rosemary (all for 4 servings).**



2 ROAST VEGGIES

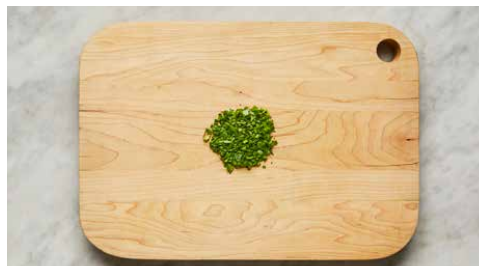
- Toss **carrots** on one side of a baking sheet with a **drizzle of oil, salt, and pepper.**
- Toss **potatoes** on empty side of sheet with a **large drizzle of oil, rosemary, a pinch of salt, and pepper.**
- Roast on top rack until browned and tender, 20-25 minutes.



3 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels and season all over with **salt and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer pork to a second baking sheet. Wipe out pan.
- Roast on middle rack until pork is cooked through, 10-12 minutes. Transfer to a cutting board.

- 🍴 Swap in **chicken*** or **beef*** for pork. Cook chicken until browned and cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side. Turn off heat; transfer to a cutting board. **(Skip roasting!)** Wipe out pan.



4 FINISH PREP

- Meanwhile, roughly chop **parsley.**



5 MAKE SAUCE

- Once veggies and pork are done roasting, combine **cream sauce base, mustard, stock concentrate, 2 TBSP water (4 TBSP for 4 servings), and pepper** in pan used for pork over medium-high heat.
- Bring to a boil, then reduce to a simmer and cook, whisking constantly, until slightly reduced, 30-60 seconds. **TIP: If sauce is too thick, add water 1 tsp at a time until sauce reaches desired consistency.**



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork, **potatoes,** and **carrots** between plates in separate sections. Spoon **sauce** over pork and potatoes and sprinkle with **parsley.** Serve.

- 🍴 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°.