



ROSEMARY FIG PORK FILET

with Kale & Sweet Potato Jumble

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Red Onion



4 oz | 8 oz
Kale



¼ oz | ¼ oz
Rosemary



10 oz | 20 oz
Pork Filet



1 tsp | 2 tsp
Garlic Powder



1 | 2
Fig Jam



1 | 2
Chicken Stock
Concentrate



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HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



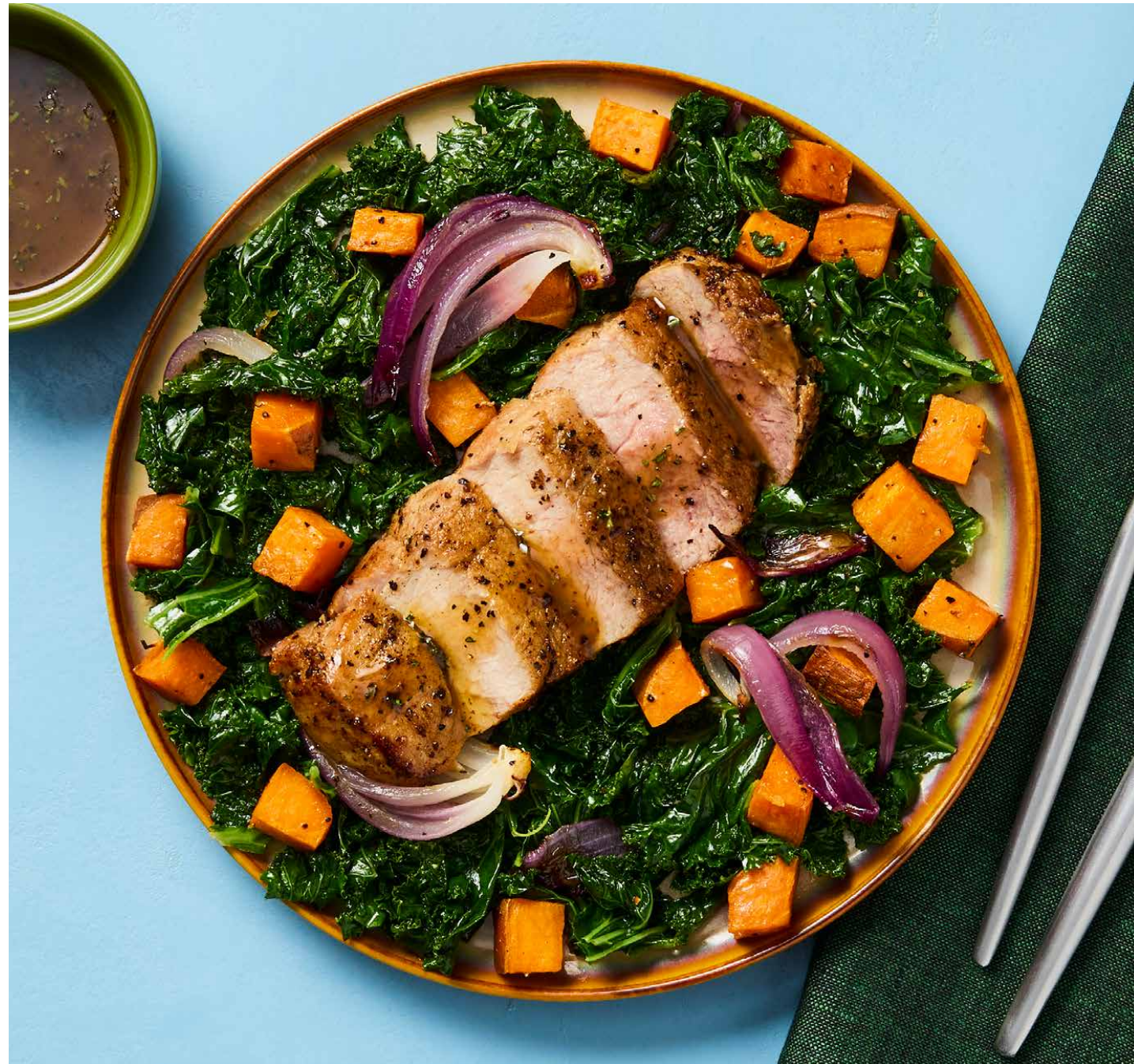
10 oz | 20 oz
Chicken Cutlets

Calories: 510



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 570



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 510



BUST OUT

- Baking sheet • 2 Large pans
- Paper towels
- 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.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **sweet potato** into ½-inch pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Remove and discard any large stems from **kale**; chop into bite-size pieces. Strip **rosemary** leaves from stems; finely chop leaves until you have ½ tsp (1 tsp for 4).



2 ROAST VEGGIES

- Toss **sweet potato** and **onion** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.** (For 4 servings, **spread veggies out across entire sheet.**) **TIP: For easy cleanup, line sheet with aluminum foil first.**
- Roast on top rack for 10 minutes (**you'll add the pork then**).



3 SEAR & ROAST PORK

- Meanwhile, pat **pork*** dry with paper towels; season with **garlic powder, salt, and pepper.** Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork; cook, turning occasionally, until browned, 4-8 minutes. Turn off heat; transfer to a plate. Wipe out pan.
- Once **veggies** have roasted 10 minutes, transfer pork to opposite side of sheet. (For 4 servings, **leave veggies roasting; add pork to a second sheet and roast on middle rack.**)
- Roast until pork is cooked through and veggies are tender, 10-12 minutes more. (**TIP: If pork is done first, remove from sheet and continue roasting veggies.**) Transfer pork to a cutting board.

- Swap in **chicken*** or **beef*** for pork. Cook chicken until cooked through, 3-5 minutes per side (no need to roast!), or cook beef to desired doneness, 4-7 minutes per side (no need to roast!).



4 COOK KALE

- While pork and veggies roast, heat a **drizzle of oil** in a second large pan over medium heat. Add **kale, 2 TBSP water,** and a **pinch of salt and pepper.** Cook, stirring occasionally, until tender, 5-7 minutes. Turn off heat (**you'll finish the kale in Step 6**).



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium-high heat. Add **chopped rosemary** and cook until fragrant, 30 seconds. Reduce heat to medium; stir in **jam, stock concentrate,** and **¼ cup water** (½ cup for 4 servings). Cook, stirring occasionally, until thickened, 3-4 minutes.
- Remove from heat; stir in **1 TBSP butter** (2 TBSP for 4) until combined. Season with **salt and pepper.** **TIP: If sauce seems too thick, add a splash of water.**

Use pan used for chicken or beef here.



6 TOSS & WARM VEGGIES

- Transfer **roasted sweet potato and onion** to pan with **kale**; toss to combine. Return to medium heat until warmed through, 1-2 minutes. Taste and season with **salt and pepper.**



7 FINISH & SERVE

- Thinly slice **pork** crosswise.
- Divide **veggies** between plates; top with pork. Spoon **sauce** over pork and serve.
- Thinly slice **chicken** crosswise 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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