



INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



12 oz | 24 oz
Potatoes*



1 | 1
Orange



¼ oz | ½ oz
Parsley



1 TBSP | 2 TBSP
Brown Sugar



1 tsp | 1 tsp
Dried Thyme



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock
Concentrate



10 oz | 20 oz
Pork Filet

*The ingredient you received may be a different color.



Customizable Meal

If you chose to personalize your meal by swapping, adding, or doubling an ingredient, refer to the separate **HelloCustom** card for all the info you'll need! You can also scan here for **HelloCustom** instructions.



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DUTCH PORK FILET WITH ORANGE-DIJON SAUCE

with Mashed Potatoes, Roasted Carrots & Almonds



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 680



BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Paper towels
- Large pan
- Small bowl
- Whisk
- Potato masher

- Kosher Salt
- Black Pepper
- Butter
- Contains: Milk
- Cooking Oil

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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



1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.



2 ROAST CARROTS

- Toss **carrots** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.** (For 4 servings, spread carrots out across **entire sheet.**)
- Roast on top rack for 12 minutes (**you'll add more to the sheet then**).



3 COOK POTATOES

- Meanwhile, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches.**
- Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain. Return potatoes to pot; keep covered off heat until ready to mash in Step 6.



4 ROAST PORK & CARROTS

- Pat **pork*** dry with paper towels and season 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, 4-8 minutes. Remove from heat.
- Once **carrots** have roasted 12 minutes, remove sheet from oven. Transfer pork to opposite side. (**For 4 servings, arrange pork on a second sheet; roast on middle rack.**)
- Return sheet to top rack; roast until pork is cooked through, 10-12 minutes more. Transfer pork to a cutting board.



5 FINISH PREP & MAKE SAUCE

- Meanwhile, halve **orange.** Pick **parsley leaves** from stems; roughly chop leaves.
- In a small bowl, whisk together **brown sugar, mustard, stock concentrate, half the thyme, 2 TBSP water, and juice from half the orange (all the thyme, 4 TBSP water, and juice from whole orange for 4 servings).**
- Heat pan used for pork over medium heat. Add **orange mixture** to hot pan and bring to a simmer. Cook, stirring constantly, until slightly reduced, 2-4 minutes.
- Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt and pepper** if desired.



6 MASH POTATOES

- Return pot with **potatoes** to medium-low heat. Add **2 TBSP butter (4 TBSP for 4 servings).** Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Taste and season with **salt and pepper.**
- Keep covered off heat until ready to serve.



7 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork, **carrots**, and **mashed potatoes** between plates. Spoon **pan sauce** over pork and mashed potatoes. Garnish everything with **almonds** and **parsley.** Serve.



If you customized your meal, refer to the cooking instructions on the **HelloCustom** card and use them as a guide to modify your recipe as needed.

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