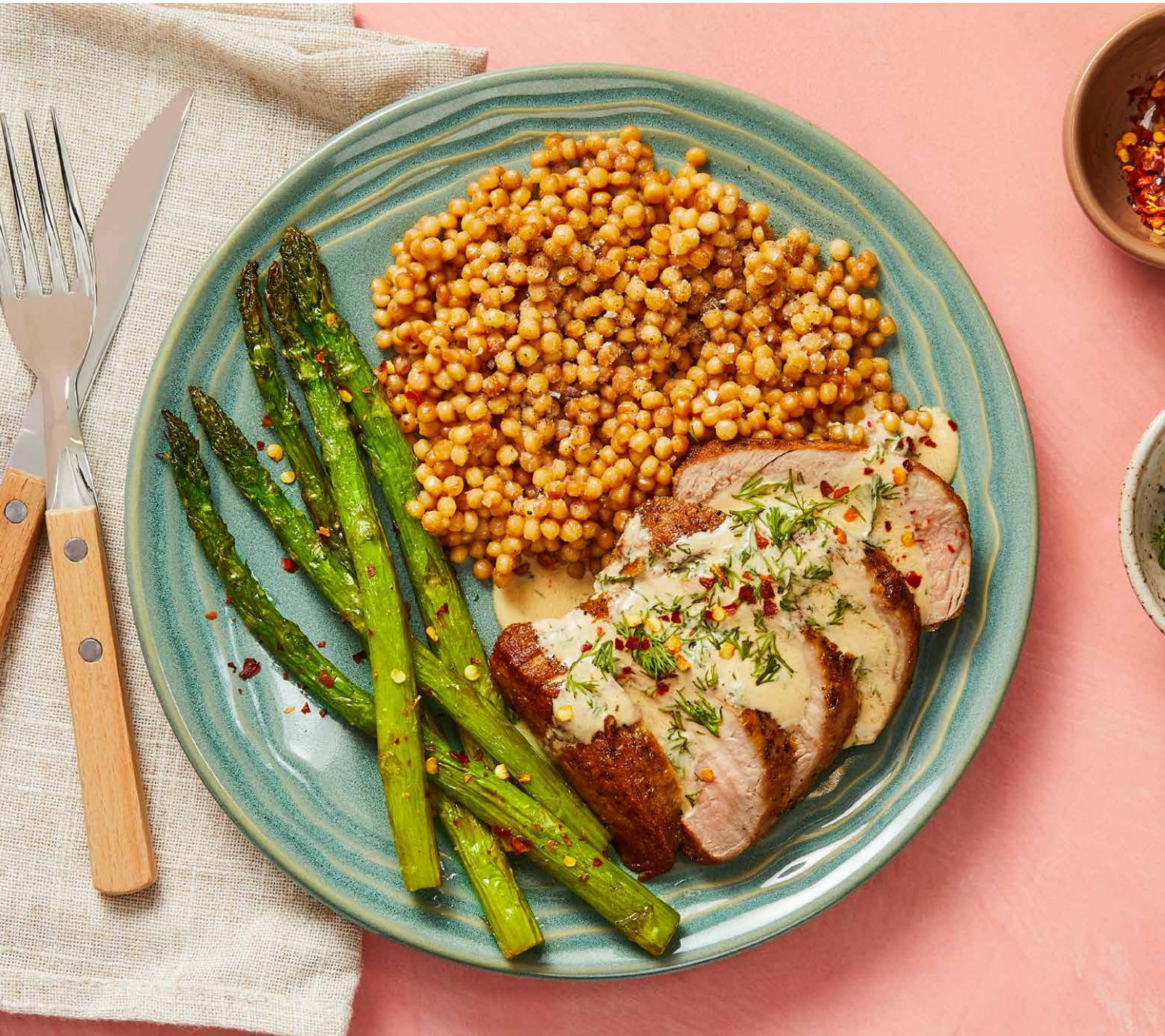




# Creamy Dill Pork Filets

with Couscous & Asparagus

**New & Improved** 30-40 Minutes · Calories: 640 · Protein: 36 g



## Ingredients



Asparagus



Dill



Chili Flakes



Sour Cream



Israeli Couscous



Dijon Mustard



Chicken Stock Concentrates



Pork Filet

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Dijon Mustard

This classic French condiment adds a flavorful punch to creamy, herby pan sauce.

### Before you start High Spear-Its

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

### Cooking tools

baking sheet, aluminum foil, paper towels, large pan, small pot, whisk

### Pantry ingredients

kosher salt, black pepper, olive oil, butter

### Nutrition

Nutrients	per serving
Calories:	640
Total Fat:	34g
Saturated Fat:	14g
Sodium:	900mg
Total Carbohydrate:	48g
Dietary Fiber:	3g
Added Sugars:	1g
Protein:	36g

### Allergens

sour cream (contains: milk), israeli couscous (contains: wheat), butter (contains: milk)

### Cook for YOUR Crowd

Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

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



#### 1 Prep

- Adjust rack to top position and preheat oven to 425 degrees. Line a baking sheet with foil. **Wash and dry produce.**
- Trim and discard woody bottom ends from **asparagus**. Pick and roughly chop **fronds from dill**.



#### 2 Sear Pork

- Pat **pork\*** dry with paper towels; season generously with **salt and pepper**.
- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (**it'll finish cooking in the next step**).
- Turn off heat; transfer pork to one side of prepared baking sheet.



#### 3 Roast Pork & Asparagus

- Add **asparagus** to opposite side of baking sheet from **pork**; toss with a **drizzle of olive oil, salt, pepper,** and **chili flakes** to taste.
- Roast on top rack until asparagus is tender and pork is cooked through, 10-12 minutes.
- Remove from oven; transfer pork to a cutting board to rest for 5 minutes.



#### 4 Cook Couscous

- Meanwhile, add **couscous** and **1 TBSP butter (2 TBSP for 4 servings)** to a small pot over medium-high heat. Cook, stirring, until butter has melted and couscous is lightly toasted, 2-3 minutes.
- Add **1 cup water (2 cups for 4), half the stock concentrates (you'll use more in the next step),** and a **big pinch of salt**. Bring to a boil, then cover and reduce heat to low. Cook until couscous is tender, 6-8 minutes. **TIP: Drain excess water if necessary.**
- Keep covered off heat until ready to serve.



#### 5 Make Sauce

- While couscous cooks, heat pan used for pork over medium-high heat. Add **remaining stock concentrates** and **¼ cup water (⅓ cup for 4 servings)**; bring to a simmer and cook 1-2 minutes.
- Reduce heat to low and whisk in **sour cream, half the chopped dill, and mustard** to taste. Turn off heat. Stir in **1 TBSP butter (2 TBSP for 4)** and any **resting juices** from pork. Season with **salt and pepper**.



#### 6 Finish & Serve

- Fluff **couscous** with a fork and season with **salt and pepper**.
- Slice **pork** crosswise.
- Divide couscous, pork, and **asparagus** between plates. Spoon **sauce** over pork and sprinkle with **remaining chopped dill** and **chili flakes** to taste. Serve.

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



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.

### How was your meal?

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