

# **INGREDIENTS**

2 PERSON | 4 PERSON



8 oz | 16 oz Broccoli Florets



2.5 oz | 5 oz Israeli Couscous Contains: Wheat



12 oz | 24 oz Pork Cutlets



Chicken Stock

Concentrates

4 TBSP | 8 TBSP Sour Cream Contains: Milk



**2 tsp | 4 tsp** Dijon Mustard

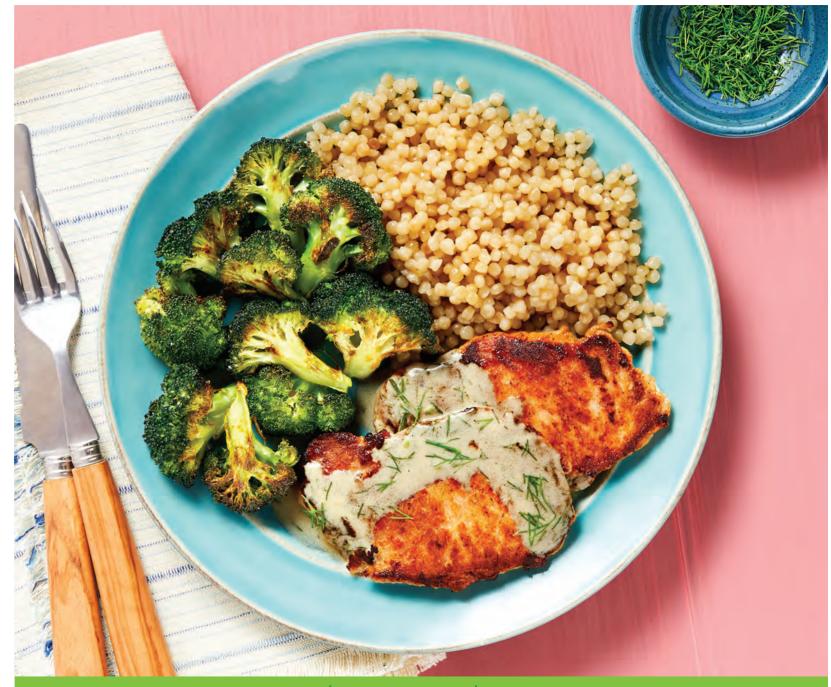
# HELLO

# **DIJON MUSTARD**

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

# **CREAMY DILL PORK CUTLETS**

with Couscous & Roasted Broccoli



PREP: 5 MIN

COOK: 30 MIN

CALORIES: 690



# **GRAINS OF WISDOM**

Fluffing couscous before serving is a simple (but essential!) step.
Why go to the trouble? A fork helps make sure each grain keeps its individual texture, yielding light and tender results (the way it's meant to be).

# **BUST OUT**

- · Baking sheet
- Small pot
- · Paper towels
- Large pan
- Whisk
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
   Contains: Milk

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



#### 1 PREP

- Adjust rack to middle position and preheat oven to 425 degrees. Wash and dry all produce.
- Cut broccoli florets into bite-size pieces if necessary. Pick and roughly chop fronds from dill.



#### **2 ROAST BROCCOLI**

- Toss broccoli on a baking sheet with a drizzle of olive oil, salt, and pepper.
- Roast on middle rack until broccoli is tender, 15-20 minutes.



# **3 COOK COUSCOUS**

- Meanwhile, combine couscous and 1TBSP butter (2 TBSP for 4 servings) in a small pot over medium-high heat. Cook, stirring, until butter has melted and couscous is lightly toasted, 2-3 minutes.
- Add ¾ cup water (1½ cups for 4), half the stock concentrates (you'll use the rest later), and a big pinch of salt. Bring to a boil; cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes. TIP: Drain excess liquid if necessary.
- Keep covered off heat until ready to serve



# **4 COOK PORK**

- While couscous cooks, 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; cook until browned and cooked through, 2-3 minutes per side. (For 4 servings, cook pork in batches.)
- Transfer pork to a plate.



#### **5 MAKE SAUCE**

- To same pan, 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.
- Divide couscous, pork, and broccoli between plates. Spoon sauce over pork and sprinkle with remaining chopped dill to taste.

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