



CREAMY DILL PORK CUTLETS

with Couscous & Roasted Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Broccoli Florets



¼ oz | ½ oz
Dill



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



12 oz | 24 oz
Pork Cutlets



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.



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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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 **1 TBSP 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 (½ 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.

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