



# CREAMY DILL PORK CUTLETS

with Couscous & Roasted Broccoli



## HELLO

### DIJON MUSTARD

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



Pork Cutlets



Israeli Couscous  
(Contains: Wheat)



Broccoli Florets



Dijon Mustard



Dill



Sour Cream  
(Contains: Milk)



Chicken Stock  
Concentrates

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 650

## START STRONG

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

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Broccoli Florets **8 oz | 16 oz**
- Dill **¼ oz | ½ oz**
- Israeli Couscous **½ Cup | 1 Cup**
- Chicken Stock Concentrates **2 | 4**
- Pork Cutlets\* **12 oz | 24 oz**
- Sour Cream **4 TBSP | 8 TBSP**
- Dijon Mustard **2 tsp | 4 tsp**

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



## 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.

## THE REAL DILL

This creamy sauce would also pair perfectly with chicken or fish.

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