

CREAMY DILL PORK CUTLETS

with Couscous & Roasted Broccoli



HELLO

DIJON MUSTARD

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









Dijon Mustard





Sour Cream (Contains: Milk)



PREP: 5 MIN TOTAL: 30 MIN CALORIES: 650

Concentrates

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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)



Ingredient 2-person | 4-person

Broccoli Florets

8 oz | 16 oz

Dill

1/4 oz | 1/2 oz

Israeli Couscous

1/2 Cup | 1 Cup

 Chicken Stock Concentrates Pork Cutlets*

2 | 4

Sour Cream

12 oz | 24 oz 4 TBSP | 8 TBSP

· Dijon Mustard

2 tsp | 4 tsp

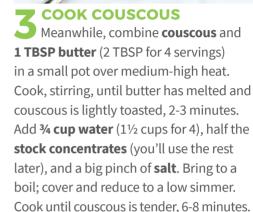




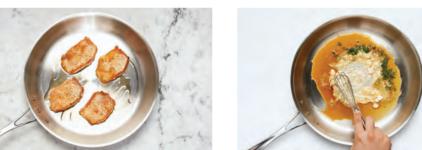
Adjust rack to middle position and preheat oven to 425 degrees. Wash and dry all produce. Cut broccoli florets into bite-size pieces, if necessary. Pick and roughly chop fronds from dill.



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.



(TIP: Drain excess liquid, if necessary.) Keep covered off heat until ready to serve.



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.

MAKE SAUCE concentrates and ¼ cup water (1/3 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**.

To same pan, add remaining stock

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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^{*} Pork is fully cooked when internal temperature reaches 145 degrees.