



INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



¼ oz | ½ oz
Dill



12 oz | 24 oz
Pork Tenderloin



1 tsp | 1 tsp
Chili Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
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 TENDERLOIN

with Couscous & Green Beans



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 670



JUST BE-COUSCOUS

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

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Line a baking sheet with foil. **Wash and dry all produce.**
- Trim **green beans** if necessary. Pick and roughly chop fronds from **dill**.



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 **¾ cup water** (1½ 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 to a low simmer. Cook until couscous is tender, 6-8 minutes. **TIP: Drain excess water if necessary.**
- Keep covered off heat until ready to serve.



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 to prepared baking sheet.



5 MAKE SAUCE

- While couscous cooks, heat pan used for pork over medium-high heat. 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**.



3 ROAST PORK & GREEN BEANS

- Add **green beans** to baking sheet with **pork**; toss with a **drizzle of olive oil**, **salt**, **pepper**, and **chili flakes** to taste.
- Roast on top rack until green beans are tender and pork is cooked through, 12-15 minutes.
- Remove from oven and transfer pork to a cutting board to rest for 5 minutes.



6 FINISH & SERVE

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

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