



20-MIN MEAL

MAPLE-AND-ROSEMARY-GLAZED PORK CUTLETS

with Couscous and a Creamy Apple Salad



HELLO

MAPLE ROSEMARY GLAZE

A little bit sweet, a little bit herby, and a whole lotta complementary to our seared pork cutlets.

PREP: 5 MIN | TOTAL: 20 MIN | CALORIES: 750



Pork Cutlets



Apple



Rosemary



Spring Mix Lettuce



Scallions



Chicken Stock Concentrate



Couscous
(Contains: Wheat)



Maple Syrup



White Wine Vinegar



Mayonnaise
(Contains: Eggs)

START STRONG

Here's a trick for quicker apple prep: hold your apple upright and cut along the sides of the core, rotating 90 degrees until you have four pieces that will lie flat on your board for easy dicing.

BUST OUT

- Small pot
- Paper towels
- Large pan
- Medium bowl
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Scallions 2 | 2
- Rosemary ¼ oz | ¼ oz
- Apple 1 | 2
- Couscous ½ Cup | 1 Cup
- Pork Cutlets 12 oz | 24 oz
- White Wine Vinegar 5 tsp | 10 tsp
- Maple Syrup 2 TBSP | 4 TBSP
- Chicken Stock Concentrate 1 | 2
- Mayonnaise 2 TBSP | 4 TBSP
- Spring Mix Lettuce 2 oz | 4 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PREP

Wash and dry all produce. Trim and thinly slice **scallions**, separating whites from greens. Finely chop **1 tsp rosemary**. Halve, core, and dice **apple**.



4 MAKE GLAZE

Add remaining **chopped rosemary**, **1 TBSP vinegar** (we'll use more later), **maple syrup**, **stock concentrate**, and **¼ cup water** to same pan. Simmer on medium heat until thickened, about 1 minute. Stir in **1 TBSP butter**, then season with **salt** and **pepper**. Return **pork** to pan, turning to coat in glaze. Turn off heat.



2 COOK COUSCOUS

Heat **1 TBSP olive oil** in a small pot over medium-high heat. Add **scallion whites** and **½ tsp chopped rosemary**. Cook until fragrant, about 30 seconds. Pour in **¾ cup water**. Bring to a boil, then immediately stir in **couscous** and a large pinch of **salt** and **pepper**. Turn off heat, cover, and let stand until tender, about 10 minutes.



5 TOSS SALAD

In a medium bowl, whisk together **mayonnaise** and remaining **vinegar**. Add **lettuce** and **apple**. Toss to combine. Season with **salt** and **pepper**.



3 COOK PORK

Meanwhile, pat **pork** dry with paper towels; season all over with **salt** and **pepper**. Melt **1 TBSP butter** in a large pan over high heat. Add pork and cook until browned and cooked through, 2-3 minutes per side. Turn off heat; transfer to a plate.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then divide between plates. Top with **pork**. Drizzle with any remaining **glaze** from pan. Garnish with **scallion greens**. Serve with **salad** on the side.

SWEET TALK

Tasty, succulent, maple-glazed pork shows how sweet it can be.

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