



TUSCAN PORK TENDERLOIN

over Garlicky Tomato Spaghetti & Roasted Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Tomato



1 Clove | 2 Clove
Garlic



10 oz | 20 oz
Pork Tenderloin



1 TBSP | 1 TBSP
Tuscan Heat
Spice



6 oz | 12 oz
Spaghetti
Contains: Wheat



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 690



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 690



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 700



HELLO

TUSCAN HEAT SPICE

Our blend of Italian-style herbs packs a bit of peppery heat.

GET IT DOWN PAT

Blotting moisture from the pork helps the seasonings stick and ensures a nice crust and even browning.

BUST OUT

- Large pot
- Paper towels
- Large pan
- Baking sheet
- Strainer
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)



1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve **zucchini** lengthwise; slice into ½-inch-thick half-moons. Dice **tomato** into ½-inch pieces. Peel and mince or grate **garlic**.



2 SEASON & SEAR PORK

- Pat **pork*** dry with paper towels; season all over with **half the Tuscan Heat Spice (all for 4 servings), salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer pork to one side of a baking sheet. Wipe out pan.

- 🔄 Swap in **chicken*** or **organic**
- 🍳 **chicken*** for pork. Cook until cooked through, 5-6 minutes per side. Turn off heat; transfer to a cutting board. Wipe out pan.



3 ROAST PORK & ZUCCHINI

- Toss **zucchini** with a **drizzle of oil, salt,** and **pepper** on opposite side of baking sheet with **pork.**
- Roast on top rack until pork is cooked through and zucchini is lightly browned and tender, 12-15 minutes.

- 🔄 Toss and roast **zucchini** as instructed
- 🍳 (skip roasting chicken!).



4 BOIL PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water (1½ cups for 4 servings),** then drain.



5 COOK SAUCE

- When pasta has 5 minutes left, heat a **drizzle of oil** in pan used for pork over medium heat. Add **tomato** and **garlic**; cook, stirring, until softened and fragrant, 1-2 minutes.
- Whisk in **¼ cup reserved pasta cooking water (½ cup for 4 servings), cream cheese,** and **stock concentrate.** Cook, stirring, until thickened, 1-2 minutes. Season with **salt** and **pepper.** Remove from heat.

- 🔄 Use pan used for chicken here.
- 🍳



6 TOSS PASTA

- Add drained **spaghetti, zucchini, half the Parmesan, a splash of reserved pasta cooking water,** and a **drizzle of olive oil** to pan with **sauce**; toss to combine. **TIP: If needed, stir in more pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**



7 FINISH & SERVE

- Slice **pork** crosswise.
- Divide **spaghetti** between plates; top with pork and sprinkle with **remaining Parmesan.** Serve.
- 🔄 Slice **chicken** or **organic chicken**
- 🍳 crosswise.

SHARE YOUR #HELLOFRESHPICS WITH US @HELLOFRESH

(646) 846-3663 | HELLOFRESH.COM

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

🔄 *Chicken is fully cooked when internal temperature reaches 165°.