



CREAMY DILL PORK TENDERLOIN

with Couscous & Asparagus



HELLO

DIJON MUSTARD

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

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 620



Pork Tenderloin



Israeli Couscous
(Contains: Wheat)



Asparagus



Dijon Mustard



Dill



Sour Cream
(Contains: Milk)



Chicken Stock Concentrates



Chili Flakes

START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

BUST OUT

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

INGREDIENTS

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

- Asparagus **6 oz | 12 oz**
- Dill **¼ oz | ½ oz**
- Pork Tenderloin* **12 oz | 24 oz**
- Chili Flakes **1 tsp | 1 tsp**
- Israeli Couscous **½ Cup | 1 Cup**
- Chicken Stock Concentrates **2 | 4**
- Sour Cream **4 TBSP | 8 TBSP**
- Dijon Mustard **2 tsp | 4 tsp**

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



1 PREP

Preheat oven to 425 degrees. Line a baking sheet with foil. **Wash and dry all produce.** Trim and discard woody bottom ends from **asparagus**. Pick and roughly chop fronds from **dill**.



4 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 more 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 water, if necessary.) Keep covered off heat until ready to serve.

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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. 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 & ASPARAGUS

Add **asparagus** to baking sheet with **pork**; toss with a drizzle of **olive oil**, **salt**, **pepper**, and **chili flakes** to taste. Roast on top rack until asparagus is tender and pork is cooked through, 10-12 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 **asparagus** between plates. Spoon **sauce** over pork and sprinkle with remaining **dill** and **chili flakes** to taste.

THE REAL DILL

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

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