



PARMESAN AND ROSEMARY-CRUSTED PORK CHOPS

with Almond Couscous and Roasted Carrots



HELLO
ROSEMARY-CRUSTED PORK
 An herby, cheesy coating provides extra flavor and crunch.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 850



Carrots



Parsley



Sour Cream
(Contains: Milk)



Parmesan Cheese
(Contains: Milk)



Chicken Stock Concentrate



Sliced Almonds
(Contains: Tree Nuts)



Lemon



Rosemary



Panko Breadcrumbs
(Contains: Wheat)



Pork Chops



Couscous
(Contains: Wheat)

START STRONG

Make sure that your pan is good and hot before adding the pork chops. Higher heat will help the breading stick to the meat (and not the pan).

BUST OUT

- Peeler
- Zester
- Baking sheet
- Small bowl
- Oil (7 tsp | 14 tsp)
- Butter (1 tsp | 2 tsp)
(Contains: Milk)
- Large pan
- Paper towel
- Large bowl
- Plastic wrap

INGREDIENTS

Ingredient 2-person | 4-person

- Carrots 2 | 4
- Lemon 1 | 1
- Parsley ¼ oz | ½ oz
- Rosemary ¼ oz | ½ oz
- Sour Cream 6 TBSP | 12 TBSP
- Panko Breadcrumbs ¼ Cup | ½ Cup
- Parmesan Cheese ¼ Cup | ½ Cup
- Pork Chops 12 oz | 24 oz
- Chicken Stock Concentrate 1 | 2
- Couscous ½ Cup | 1 Cup
- Sliced Almonds 1 oz | 2 oz

HELLO WINE



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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 425 degrees. Peel **carrots**, then cut on a diagonal into 1/3-inch-thick slices. Zest **lemon** until you have 1 tsp zest, then cut into halves. Finely chop **parsley** until you have 2 TBSP. Pick and chop enough **rosemary leaves** from stems to give you 2 tsp.



4 COOK PORK

Heat a thin layer of **oil** (we used 2 TBSP) in a large pan over medium-high heat (use a nonstick pan if you have one). Add **pork** and cook until panko is golden brown and meat reaches desired doneness, 4-5 minutes. (**TIP:** Lower heat if panko browns too quickly.) Remove from pan and set aside on a paper-towel-lined plate.



2 ROAST CARROTS AND MAKE SAUCE

Toss **carrots** with **salt**, **pepper**, and a drizzle of **oil** on a baking sheet. Roast until tender, 15-20 minutes, tossing halfway. Combine half the **lemon zest**, **4 TBSP sour cream** (2 packs), and a pinch of **parsley** in a small bowl. Season with **salt** and **pepper**. Stir in enough **water** to create a drizzly consistency, 1-2 tsp.



5 STEAM COUSCOUS

While pork cooks, place **stock concentrate**, **¾ cup water**, **couscous**, **1 tsp butter**, and a pinch of **salt** in a large, microwave-safe bowl and give everything a stir. Cover bowl with plastic wrap, then microwave on high until water boils, about 1 minute. Set aside, covered, until ready to serve.



3 CRUST PORK

Stir together **chopped rosemary**, **panko**, and **Parmesan** in a shallow dish or on a plate. Brush remaining **sour cream** all over **pork**, then season with **salt** and **pepper**. Gently toss pork in panko mixture, coating all over and pressing to adhere.



6 FINISH AND SERVE

Fluff **couscous** with a fork, then stir in **almonds**, half the remaining **parsley**, remaining **lemon zest**, and a squeeze or two of **lemon juice**. Season with **salt** and **pepper**. Divide between plates, then arrange **pork** on top and **carrots** to the side. Drizzle everything with **sauce** and sprinkle with remaining parsley.

DELECTABLE!

Try adding a cheesy herb crust to chicken or other meats that can benefit from flavor and crunch.

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