





HelloCustom

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G Calories: 780

😔 Beef Tenderloin Steak

PORK CHOPS WITH CRANBERRY PAN SAUCE

plus Spiced Roasted Carrots & Walnut-Raisin Couscous



PREP: 10 MIN COOK: 40 MIN CALORIES: 750

G Calories: 710

S Chicken Cutlets



HELLO

CRANBERRY JAM

Sweet and tart, this deep red spread stars in a fruity pan sauce.

WE'RE BIASED

The knife technique in Step 1 for cutting carrots (aka bias cut) maximizes surface area for extra caramelization in the oven.

BUST OUT

• Paper towels

- Peeler
- Baking sheet
 Large pan
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (5 tsp | 5 tsp)
- Butter (1 TBSP | 2 TBSP)
 Contains: Milk

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*Pork is fully cooked when internal temperature reaches 145°.
 Chicken is fully cooked when internal temperature reaches 165°

Beef is fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Halve, peel, and mince shallot. Roughly chop walnuts.



2 ROAST CARROTS

- Toss carrots on a baking sheet with a large drizzle of oil, half the Cinnamon Paprika Spice (you'll use more later), salt, and pepper.
- Roast on top rack until tender, 20-25 minutes.



3 COOK COUSCOUS

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **couscous, raisins**, and **half the shallot**; cook, stirring, until couscous is lightly toasted and raisins and shallot are softened, 3-5 minutes.
- Add half the stock concentrates and ³/₄ cup water (1½ cups for 4 servings); bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes. Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Heat a drizzle of oil in same pan over medium-high heat. Add remaining shallot, a pinch of salt, and pepper; cook, stirring occasionally, until fragrant and softened, 2-3 minutes.
- Stir in ½ cup water (1 cup for 4 servings), jam, remaining stock concentrate, 1 tsp Cinnamon Paprika Spice (2 tsp for 4), a pinch of salt, and pepper. (Be sure to measure the Cinnamon Paprika Spice—we sent more.) Cook, stirring occasionally, until sauce begins to thicken, 3-5 minutes.
- Remove from heat and stir in **1TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt** and **pepper**.



6 FINISH & SERVE

- Stir walnuts into pot with couscous and season with salt and pepper to taste.
- Slice pork crosswise.
- Divide pork, couscous, and **carrots** between plates. Spoon **sauce** over pork and serve.

Slice chicken or beef against the grain.

4 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **garlic powder**, **salt**, and **pepper**.
- Heat a drizzle of oil in a large pan over medium-high heat. Add pork and cook until browned and cooked through,
 5-7 minutes per side. TIP: If pork is on the thicker side, reduce heat to medium; cover and cook for 2-3 minutes more per side.
- Transfer to a cutting board to rest. Reserve pan.
- Swap in chicken* or beef* for pork;
 cook chicken until cooked through,
 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side.