

PORK CHOPS OVER CREAMY PARMESAN COUSCOUS with Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



12 oz | 24 oz
Carrots



2 | 4
Scallions



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Mushroom Stock Concentrate



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 2 TBSP
Italian Seasoning



10 oz | 20 oz
Pork Chops



1 oz | 2 oz
Cheese Roux Concentrate
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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: 640

DATE NIGHT DELIGHTS



Make things Kitchen Official with an unforgettable at-home date night with recipes curated by HelloFresh and Tinder.

PREP: 10 MIN | COOK: 40 MIN | CALORIES: 670

LET IT BE

Let the pork stand for at least 5 minutes after cooking. The extra time before slicing gives the juices a chance to redistribute, keeping the meat moist.

BUST OUT

- Small bowl
 - Paper towels
 - Peeler
 - Large pan
 - Baking sheet
 - Aluminum foil
 - Medium pot
-
- Kosher salt
 - Black pepper
 - Cooking oil (1 TBSP | 1 TBSP)
 - Butter (1 TBSP | 2 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Place **cream cheese packet** in a small bowl with warm water to soften. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper.** Roast on top rack until tender, 25-30 minutes.



3 COOK COUSCOUS

- Melt **1 TBSP butter (2 TBSP for 4 servings)** in a medium pot over medium-high heat. Add **scallion whites** and cook, stirring, until just softened, 1-2 minutes.
- Add **couscous** and cook, stirring occasionally, until lightly toasted, 2-3 minutes.
- Stir in **¾ cup water, stock concentrate, half the garlic powder, 1 tsp Italian Seasoning,** and a **pinch of salt (1½ cups water and 2 tsp Italian Seasoning for 4).** Bring to a boil, then cover and reduce to a low simmer. Cook until couscous is tender, 6-8 minutes.
- Drain any excess liquid if necessary. Keep covered off heat until ready to use in Step 5.



4 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **remaining garlic powder, remaining Italian Seasoning, 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, 4-6 minutes per side.
- Transfer to a cutting board and tent with foil to keep warm.



5 FINISH COUSCOUS

- Return pot with **couscous** to stovetop over low heat. Stir in **1 cup water (2 cups for 4 servings), cheese roux concentrate, cream cheese,** and **Parmesan.** Cook, stirring, until combined and creamy, 30-60 seconds. Remove from heat.



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide **creamy couscous** between shallow bowls; top with pork and **roasted carrots.** Garnish with **scallion greens** and serve.

🔄 Slice **chicken** crosswise.

- 🔄 Swap in **chicken*** for pork. Cook until browned and cooked through, 3-5 minutes per side.

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

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