

INGREDIENTS 2 PERSON | 4 PERSON 10 oz | 20 oz 6 oz | 12 oz 1/4 oz 1/2 oz Green Beans Dill Pork Filet **1 tsp | 1 tsp** Chili Flakes **)** 2 4 2.5 oz 5 oz Chicken Stock Israeli Couscous **Contains: Wheat** Concentrates 2 tsp | 4 tsp 3 TBSP | 6 TBSP Dijon Mustard Sour Cream



5

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.



CREAMY DILL PORK FILET

with Couscous & Green Beans



PREP: 5 MIN COOK: 30 MIN CALORIES: 590



HELLO

DIJON MUSTARD

This classic French condiment gives creamy pan sauce a hint of tang.

JUST BE-COUSCOUS

Fluffing couscous right before serving is an essential step! A fork helps each grain keep its texture, yielding lighter results.

BUST OUT

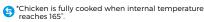
- Baking sheet
 Large pan
- Aluminum foil
 Small pot
- Paper towels Whisk
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

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





1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. Line a baking sheet with foil. **Wash and dry produce.**
- Trim green beans if necessary. Pick and roughly chop fronds from dill.



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 (it'll finish cooking in the next step).
- Turn off heat; transfer pork to one side of prepared baking sheet.
- Swap in chicken* for pork. Cook until browned and cooked through,
 3-5 minutes per side. Transfer to a cutting board to rest (skip the baking sheet—no need to roast!).



3 ROAST PORK & GREEN BEANS

- Add green beans to empty side of baking sheet; toss with a drizzle of olive oil, salt, pepper, and chili flakes to taste.
- Roast on top rack until green beans are tender and pork is cooked through, 12-15 minutes.
- Remove from oven; transfer pork to a cutting board to rest for 5 minutes.
- Spread **green beans** out across entire sheet; roast as instructed.



5 MAKE SAUCE

- While couscous cooks, heat pan used for pork over medium-high heat. Add remaining stock concentrate and ¼ cup water (⅓ 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.



6 FINISH & SERVE

- Fluff **couscous** with a fork and season with **salt** and **pepper**.
- Slice pork crosswise.
- Divide couscous, pork, and green beans between plates. Spoon sauce over pork and sprinkle with remaining chopped dill and any remaining chili flakes to taste. Serve.

Slice chicken crosswise.



4 COOK COUSCOUS

Meanwhile, add couscous and 1TBSP

pot over medium-high heat. Cook.

stirring, until butter has melted and

butter (2 TBSP for 4 servings) to a small

couscous is lightly togsted. 2-3 minutes.

• Add 34 cup water (11/2 cups for 4), half the

stock concentrates (you'll use more in

the next step), and a big pinch of salt.

Bring to a boil, then cover and reduce

tender. 6-8 minutes. TIP: Drain excess

water if necessary.

to a low simmer. Cook until couscous is