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ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



G Calories: 630



10 oz | 20 oz Schicken Cutlets 10 oz | 20 oz
Salmon Contains: Fish
Calories: 800

TRATTORIA PORK CHOPS

with Roasted Carrots, Garlic Couscous & Creamy Tomato Sauce



PREP: 10 MIN COOK: 35 MIN CALORIES: 670



HELLO

ITALIAN SEASONING

An oregano, basil, and parsley herb blend

WE PROPOSE A TOAST

When adding couscous in Step 3, stir until the pearls are coated in oil and lightly golden. Toasting adds an extra layer of flavor.

BUST OUT

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

MORE IS MORE

If you ordered 6 servings, simply triple the amounts in the 2-person recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

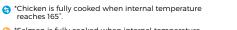
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*Pork is fully cooked when internal temperature reaches 145°.

reaches 165°.





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. Peel and mince or grate garlic. Halve, peel, and mince shallot. Roughly chop parsley.



2 ROAST CARROTS

Toss carrots on a baking sheet with a large drizzle of oil, salt, and pepper. Roast on top rack until tender. 20-25 minutes.



3 COOK COUSCOUS

- · Heat a drizzle of oil in a small pot (medium pot for 4 servings) over medium-high heat. Add couscous, half the garlic, 1 TBSP shallot (2 TBSP for 4), and a pinch of salt and pepper. Cook, stirring, until garlic is fragrant and couscous is lightly toasted, 2-3 minutes.
- Add half the stock concentrates and ¾ cup water (11/2 cups for 4). Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.

Paper towels



4 COOK PORK

- Pat pork* dry with paper towels and season all over with 1 tsp Italian Seasoning (2 tsp for 4 servings), a big pinch of salt, and pepper. (Be sure to measure the Italian Seasoning-we sent more!)
- Heat a large 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. (TIP: Reduce heat if pork is browning too guickly.) Turn off heat; transfer to a cutting board to rest. Wipe out pan and allow to cool for 1 minute.
- Swap in **chicken**^{*} or **salmon**^{*} for pork. 6 Ø Cook chicken until cooked through, 3-5 minutes per side, or cook salmon (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until

cooked through. 1-2 minutes more.



5 MAKE SAUCE

- Heat a drizzle of oil in same pan over medium heat. Add remaining shallot and remaining garlic; cook, stirring, until softened and lightly browned, 2-3 minutes.
- Stir in tomato paste, remaining stock concentrates, and ¹/₂ cup water (³/₄ cup for 4 servings). Bring to a simmer and cook until reduced, 2-3 minutes.
- Remove from heat and stir in **sour cream**. Season generously with pepper. TIP: If sauce is too thick, add water 1 tsp at a time until sauce reaches desired consistency.



6 FINISH & SERVE

- Fluff couscous gently with a fork; stir in 1 TBSP butter (2 TBSP for 4 servings).
- Thinly slice **pork** crosswise.
- Divide couscous, pork, and carrots between plates. Spoon sauce over pork and couscous. Sprinkle with parsley and serve.
- G Thinly slice chicken crosswise (skip slicing salmon!).

WK 22-39

Salmon is fully cooked when internal temperature reaches 145°.