



TRATTORIA PORK CHOPS

with Roasted Carrots, Garlic Couscous & Creamy Tomato Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



2 Cloves | 4 Cloves
Garlic



1 | 2
Shallot



¼ oz | ½ oz
Parsley



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Beef Stock
Concentrates



10 oz | 20 oz
Pork Chops



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Tomato Paste



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



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



HelloCustom

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: 630



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 800



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
- Paper towels
- 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°.

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

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



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 quickly.**) 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.

🍷 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.



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.



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 **½ cup water (¾ 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.**



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 (1½ cups for 4)**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.



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.

🍳 Thinly slice **chicken** crosswise (**skip slicing salmon!**).