



# CREAMY DILL PORK FILET

with Couscous & Green Beans

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Green Beans



1/4 oz | 1/2 oz  
Dill



10 oz | 20 oz  
Pork Filet



1 tsp | 1 tsp  
Chili Flakes



2.5 oz | 5 oz  
Israeli Couscous  
Contains: Wheat



2 | 4  
Chicken Stock  
Concentrates



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



2 tsp | 4 tsp  
Dijon Mustard



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## 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: 570



10 oz | 20 oz  
Beef Tenderloin  
Steak

Calories: 640



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 580





# HELLO FRESH

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

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, 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. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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. Line a baking sheet with foil. **Wash and dry produce.**
- Trim **green beans** if necessary. Pick and roughly chop **fronds from dill.**



### 4 COOK COUSCOUS

- Meanwhile, add **couscous** and **1 TBSP butter (2 TBSP for 4 servings)** to a small pot over medium-high heat. Cook, stirring, until butter has melted and couscous is lightly toasted, 2-3 minutes.
- Add **¾ cup water (1½ 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 to a low simmer. Cook until couscous is tender, 6-8 minutes. **TIP: Drain excess water if necessary.**
- Keep covered off heat until ready to serve.



### 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\*** or **beef\*** for pork. Cook chicken until browned and cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side. Transfer to a cutting board to rest (**skip the baking sheet—no need to roast!**).



### 5 MAKE SAUCE

- While couscous cooks, heat pan used for pork over medium-high heat. Add **remaining stock concentrate** and **¼ cup water (½ 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**.



### 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.
- 🍷 Roast **green beans** without chicken or beef.



### 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** or **beef** against the grain.