

# **INGREDIENTS**

2 PERSON | 4 PERSON



Sweet Potato



10 oz | 20 oz Pork Filet



Chicken Stock Concentrate





2 Cloves | 4 Cloves Garlic



1 TBSP | 1 TBSP **Bold & Savory** Steak Spice



Mushroom Stock Concentrate



5 oz | 7.5 oz Israeli Couscous Contains: Wheat



2 TBSP | 4 TBSP Cream Cheese 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 **6** Chicken Cutlets



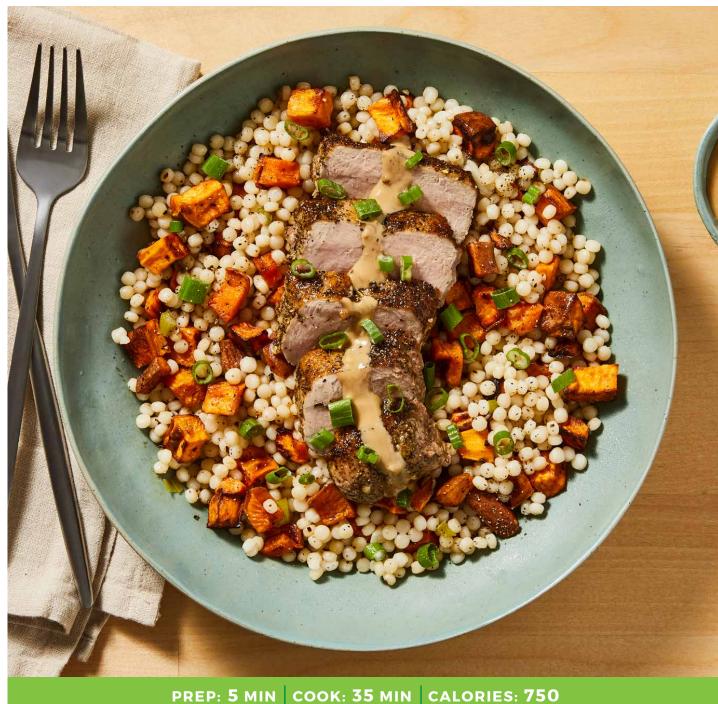
10 oz | **20 oz** Beef Tenderloin Steak

G Calories: 740

G Calories: 810

# **PORK FILET WITH CREAMY PAN SAUCE**

plus Roasted Sweet Potato Couscous





#### **BUST OUT**

- · Baking sheet
- Large pan
- Rolling pin
- Medium pot
- · Paper towels
- Kosher salt
- Black pepper
- Cooking 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.



### 1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Wash and dry produce.
- Dice sweet potato into ½-inch pieces. Trim and thinly slice scallions, separating whites from greens. Peel and mince or grate garlic.



#### 2 ROAST SWEET POTATO

- Toss **sweet potato** on one side of a baking sheet with a drizzle of oil, salt, and pepper.
- · Roast on top rack until browned and tender, 20-22 minutes (you'll add more to the sheet after 11 minutes).



- · While sweet potato roasts, using a rolling pin or heavy-bottomed pan, crush peppercorns inside packet of Steak Spice.
- Pat **pork\*** dry with paper towels and season all over with 11/2 tsp Steak Spice (all for 4 servings), a big pinch of salt, and pepper.
- Heat a drizzle of oil in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes. Turn off heat: transfer to a plate. Wipe out pan.
- Swap in **chicken\*** or **beef\*** for pork. Cook chicken until browned and cooked through, 6-8 minutes per side, or cook beef to desired doneness, 4-7 minutes per side.



# **4 ROAST PORK**

- Once sweet potato has roasted 11 minutes. remove sheet from oven. Carefully toss sweet potato; add pork to empty side of baking sheet.
- · Return to top rack until pork is cooked through and sweet potato is browned and tender 9-11 minutes
- Transfer pork to a cutting board to rest for at least 5 minutes.
- Skip this step for chicken or beef!



# **5 COOK COUSCOUS**

- · Meanwhile, melt 1 TBSP butter (2 TBSP for 4 servings) in a medium pot over mediumhigh heat. Add scallion whites and half the garlic (you'll use the rest in the next step); cook until fragrant, 30 seconds.
- Add couscous and stir to coat. Stir in 11/2 cups water (21/4 cups for 4 servings), chicken stock concentrate, 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.
- Drain any excess liquid if necessary. Season with salt and pepper if desired. Keep covered off heat until ready to serve.



# **6 MAKE SAUCE**

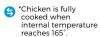
- While couscous cooks, heat a drizzle of oil in pan used for pork over medium heat. Add **remaining garlic** and cook, stirring often, until fragrant, 30 seconds.
- Add ¼ cup water (½ cup for 4 servings). mushroom stock concentrate, and cream cheese. Cook, stirring occasionally, until cream cheese melts and sauce has thickened. 2-3 minutes.
- Remove from heat and stir in 1 TBSP butter (2 TBSP for 4). Taste and season with salt and **pepper** if desired.
- Use pan used for chicken or beef here.



# 7 FINISH & SERVE

- Stir roasted **sweet potato** into pot with couscous.
- Thinly slice pork crosswise.
- Divide couscous and pork between plates. Spoon pan sauce over pork. Garnish with scallion greens and serve.
- Thinly slice chicken or beef against the grain.

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





WK 27-30

