

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz Green Beans



1 tsp | 1 tsp Chili Flakes



3 TBSP | 6 TBSP Sour Cream Contains: Milk



¼ oz | ½ oz

10 oz | 20 oz

Pork Filet

Chicken Stock

Concentrates



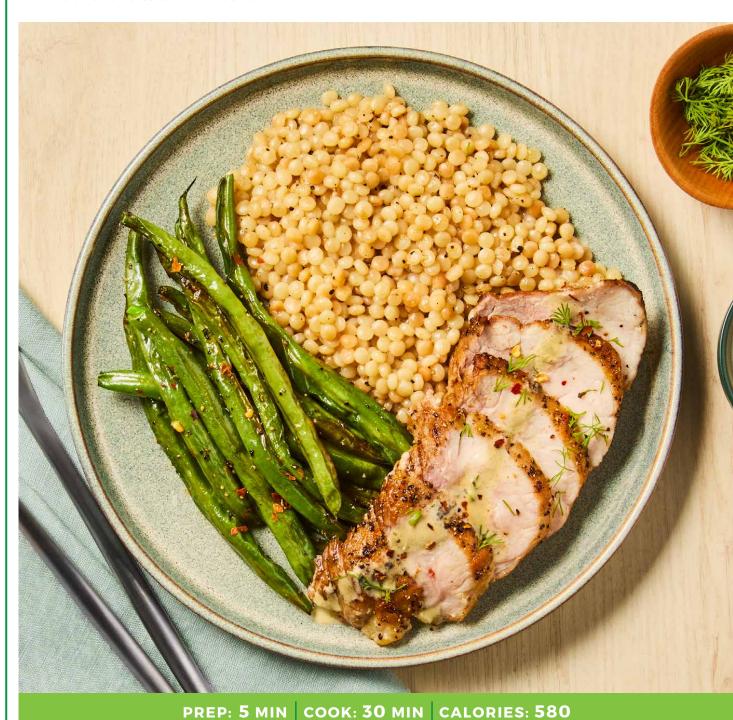
Israeli Couscous **Contains: Wheat**



2 tsp | 4 tsp Dijon Mustard

with Couscous & Green Beans

CREAMY DILL PORK FILET





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

3 Calories: 570

G Calories: 640



HELLO

DIJON MUSTARD

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

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 Small pot
- Aluminum foil
- Paper towels 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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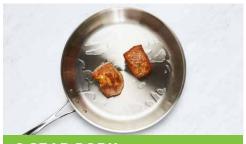
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- *Pork is fully cooked when internal temperature reaches 145°.
- *Chicken is fully cooked when internal temperature
- *Beef is fully cooked when internal temperature reaches 145°



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.



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!).



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.



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.



- · While couscous cooks, heat pan used for pork over medium-high heat. Add remaining stock concentrate and 1/4 cup water (1/3 cup for 4 servings); bring to a
- 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 anv resting juices from pork. Season with salt and pepper.

simmer and cook 1-2 minutes.



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.

