



# DUTCH PORK FILET WITH ORANGE-DIJON SAUCE

with Mashed Potatoes, Roasted Carrots & Almonds

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



9 oz | 18 oz  
Carrots



10 oz | 20 oz  
Pork Filet



1 | 1  
Orange



¼ oz | ½ oz  
Parsley



1 TBSP | 2 TBSP  
Brown Sugar



2 tsp | 4 tsp  
Dijon Mustard



1 | 2  
Chicken Stock  
Concentrate



1 tsp | 1 tsp  
Dried Thyme



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



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

\*The ingredient you received may be a different color.



## 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: 670



10 oz | 20 oz  
Beef Tenderloin  
Steak

Calories: 740



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PREP: 10 MIN | COOK: 40 MIN | CALORIES: 450



## BUST OUT

- Peeler
- Baking sheet
- Medium pot
- Strainer
- Paper towels
- Large pan
- Small bowl
- Whisk
- Potato masher

- Kosher salt
  - Black pepper
  - Cooking oil (1 TBSP | 1 TBSP)
  - Butter (3 TBSP | 6 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 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.



### 2 ROAST CARROTS

- Toss **carrots** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.** (For 4 servings, spread carrots out across entire sheet.)
- Roast on top rack for 12 minutes (**you'll add more to the sheet then**).



### 3 COOK POTATOES

- Meanwhile, place **potatoes** in a medium pot with enough **salted water to cover by 2 inches.**
- Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain. Return potatoes to pot; keep covered off heat until ready to mash in Step 6.



### 4 ROAST PORK & CARROTS

- Pat **pork\*** dry with paper towels and season with **salt and pepper.**
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook, turning occasionally, until browned, 4-8 minutes. Remove from heat.
- Once **carrots** have roasted 12 minutes, remove sheet from oven. Transfer pork to opposite side. (**For 4 servings, leave carrots roasting; arrange pork on a second sheet and roast on middle rack.**) Wipe out pan.
- Return sheet to top rack; roast until carrots are browned and pork is cooked through, 10-12 minutes more. Transfer pork to a cutting board.

- 🔄 Swap in **chicken\*** or **beef\*** for pork. Cook chicken until cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side. Turn off heat; transfer to a cutting board. (**No need to roast!**) Wipe out pan.



### 5 FINISH PREP & MAKE SAUCE

- Meanwhile, halve **orange.** Pick **parsley leaves** from stems; roughly chop leaves.
- In a small bowl, whisk together **brown sugar, mustard, stock concentrate, half the thyme, 2 TBSP water, and juice from half the orange** (all the thyme, 4 TBSP water, and juice from whole orange for 4 servings).
- Heat pan used for pork over medium heat. Add **orange mixture** to hot pan and bring to a simmer. Cook, stirring constantly, until slightly reduced, 2-4 minutes.
- Remove from heat and stir in **1 TBSP butter** (2 TBSP for 4) until melted. Taste and season with **salt and pepper** if desired.

🔄 Use pan used for chicken or beef here.



### 6 MASH POTATOES

- Return pot with **potatoes** to medium-low heat. Add **2 TBSP butter** (4 TBSP for 4 servings). Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Taste and season with **salt and pepper.**
- Keep covered off heat until ready to serve.



### 7 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork, **carrots**, and **mashed potatoes** between plates. Spoon **pan sauce** over pork and mashed potatoes. Garnish everything with **almonds** and **parsley.** Serve.

🔄 Slice **chicken** or **beef** against the grain.



\*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°.