



PORK CHOPS & CREAMY ITALIAN WHITE BEANS

with Cheesy Zucchini & Carrots

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Zucchini



2 Cloves | 4 Cloves
Garlic



10 oz | 20 oz
Pork Chops



1 TBSP | 2 TBSP
Fry Seasoning



1 | 2
Cannellini Beans



1 | 2
Veggie Stock Concentrate



1 TBSP | 1 TBSP
Italian Seasoning



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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: 610



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 650



HELLO

CANNELLINI BEANS

These white beans have an earthy flavor and tender texture.

DO THE MASH

For extra-smooth beans, use an immersion blender and add water as necessary.

BUST OUT

- Peeler
- Aluminum foil
- Baking sheet
- Medium pot
- Paper towels
- Potato masher
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (3 tsp | 3 tsp)

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°.



1 PREP & ROAST VEGGIES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into ½-inch rounds. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Peel and mince or grate **garlic**.
- Toss carrots and zucchini on a baking sheet with a **drizzle of oil (large drizzle for 4 servings), salt, and pepper.**
- Roast on top rack until browned and tender, 20-25 minutes.



3 COOK BEANS

- Heat a **drizzle of oil** in a medium pot over medium-high heat. Add **garlic**; cook, stirring, until fragrant, 30-60 seconds. Add **beans and their liquid, stock concentrate, 1 tsp Italian Seasoning (2 tsp for 4 servings),** and a **pinch of sugar (we used ⅛ tsp for 2; ¼ tsp for 4).** Cook, stirring occasionally, until beans are warmed through, 3-5 minutes. Remove from heat.
- Add **half the mozzarella.** Mash beans with a potato masher or fork until mostly smooth and thickened (if you have an immersion blender, use it here for an extra-smooth mash). **TIP: If beans seem too thick, stir in a splash of water.**
- Taste and season with **salt and pepper.**



2 COOK PORK

- Meanwhile, pat **pork*** dry with paper towels and season with **Fry Seasoning, salt, and pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and cook until browned and cooked through, 4-6 minutes per side..
- Transfer to a cutting board and tent with foil to keep warm.
- 🔥 Swap in **chicken*** for pork. Cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a cutting board.



4 FINISH & SERVE

- Thinly slice **pork** crosswise.
- Divide **beans** between shallow bowls. Place pork and **veggies** atop beans in separate sections. Top veggies with **remaining mozzarella.** Serve.
- 🔥 Thinly slice **chicken** crosswise.