



TRATTORIA PORK CHOPS

with Roasted Carrots, Garlic Couscous & Creamy Tomato Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



2 Cloves | 4 Cloves
Garlic



1 | 2
Shallot



¼ oz | ½ oz
Parsley



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Beef Stock
Concentrates



10 oz | 20 oz
Pork Chops



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Tomato Paste



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



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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: 630



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 800



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



HELLO

ITALIAN SEASONING

An oregano, basil, and parsley herb blend

WE PROPOSE A TOAST

When adding couscous in Step 3, stir until the pearls are coated in oil and lightly golden. Toasting adds an extra layer of flavor.

BUST OUT

- Peeler
 - Baking sheet
 - Small pot
 - Paper towels
 - Large pan
 - Kosher salt
 - Black pepper
 - Cooking oil (2 TBSP | 2 TBSP)
 - Butter (1 TBSP | 2 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.

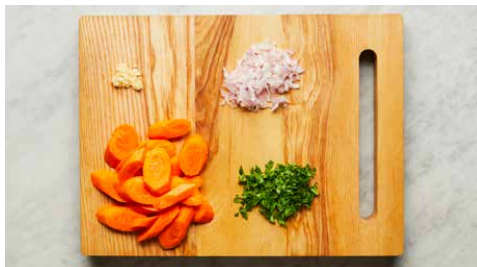
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1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel and mince or grate **garlic**. Halve, peel, and mince **shallot**. Roughly chop **parsley**.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until tender, 20-25 minutes.



3 COOK COUSCOUS

- Heat a **drizzle of oil** in a small pot (**medium pot for 4 servings**) over medium-high heat. Add **couscous, half the garlic, 1 TBSP shallot (2 TBSP for 4), and a pinch of salt and pepper**. Cook, stirring, until garlic is fragrant and couscous is lightly toasted, 2-3 minutes.
- Add **half the stock concentrates and ¾ cup water (1½ cups for 4)**. Bring to a boil, then reduce to a low simmer and cover. Cook until couscous is tender, 6-8 minutes.



4 COOK PORK

- Pat **pork*** dry with paper towels and season all over with **1 tsp Italian Seasoning (2 tsp for 4 servings), a big pinch of salt, and pepper. (Be sure to measure the Italian Seasoning—we sent more!)**
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add pork and cook until browned and cooked through, 4-6 minutes per side. (**TIP: Reduce heat if pork is browning too quickly.**) Turn off heat; transfer to a cutting board to rest. Wipe out pan and allow to cool for 1 minute.

- Swap in **chicken*** or **salmon*** for pork.
- Cook chicken until cooked through, 3-5 minutes per side, or cook salmon (**skin sides down**) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more.



5 MAKE SAUCE

- Heat a **drizzle of oil** in same pan over medium heat. Add **remaining shallot and remaining garlic**; cook, stirring, until softened and lightly browned, 2-3 minutes.
- Stir in **tomato paste, remaining stock concentrate, and ½ cup water (¾ cup for 4 servings)**. Bring to a simmer and cook until reduced, 2-3 minutes.
- Remove from heat and stir in **sour cream**. Season generously with **pepper**. **TIP: If sauce is too thick, add water 1 tsp at a time until sauce reaches desired consistency.**



6 FINISH & SERVE

- Fluff **couscous** gently with a fork; stir in **1 TBSP butter (2 TBSP for 4 servings)**.
- Thinly slice **pork** crosswise.
- Divide couscous and **carrots** between plates. Fan pork over couscous. Spoon **sauce** over pork. Sprinkle with **parsley** and serve.
- Thinly slice **chicken** crosswise (**skip slicing salmon!**).

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

• Chicken is fully cooked when internal temperature reaches 165°.

• Salmon is fully cooked when internal temperature reaches 145°.