



PORK FILET WITH CREAMY GARLIC SAUCE

plus Roasted Sweet Potato Couscous

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



2 | 4
Scallions



2 Cloves | 4 Cloves
Garlic



10 oz | 20 oz
Pork Filet



1 TBSP | 1 TBSP
Bold & Savory
Steak Spice



5 oz | 7.5 oz
Israeli Couscous
Contains: Wheat



1 | 2
Chicken Stock
Concentrate



1 | 2
Mushroom Stock
Concentrate



2 TBSP | 4 TBSP
Cream Cheese
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: 740



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 810



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750



BUST OUT

- Baking sheet
- Rolling pin
- Paper towels
- Large pan
- Medium pot
- 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**).



3 SEAR PORK

- 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 **1½ 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. Transfer to a cutting board.



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 medium-high 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 **1½ cups water (2¼ 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°.

🍴 *Chicken is fully cooked when internal temperature reaches 165°.

🍴 *Beef is fully cooked when internal temperature reaches 145°.

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