



CREAMY DILL PORK FILET

with Couscous & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Green Beans



¼ oz | ½ oz
Dill



10 oz | 20 oz
Pork Filet



1 tsp | 1 tsp
Chili Flakes



2.5 oz | 5 oz
Israeli Couscous
Contains: Wheat



2 | 4
Chicken Stock
Concentrates



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



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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: 570



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 640



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 580



HELLO

DIJON MUSTARD

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

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
- Aluminum foil
- Paper towels
- Large pan
- Small pot
- 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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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.**



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.



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!).



5 MAKE SAUCE

- While couscous cooks, heat pan used for pork over medium-high heat. Add **remaining stock concentrate** and **¼ cup water** (½ cup for 4 servings); bring to a simmer and cook 1-2 minutes.
- 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 any **resting juices from pork**. Season with **salt** and **pepper**.



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.



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.

*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°.