

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz Green Beans



1 tsp | 1 tsp Chili Flakes



3 TBSP | 6 TBSP Sour Cream Contains: Milk



¼ oz | ½ oz



10 oz | 20 oz Pork Filet



Chicken Stock Concentrates



2.5 oz | 5 oz

Israeli Couscous **Contains: Wheat**

2 tsp | 4 tsp Dijon Mustard



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.



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



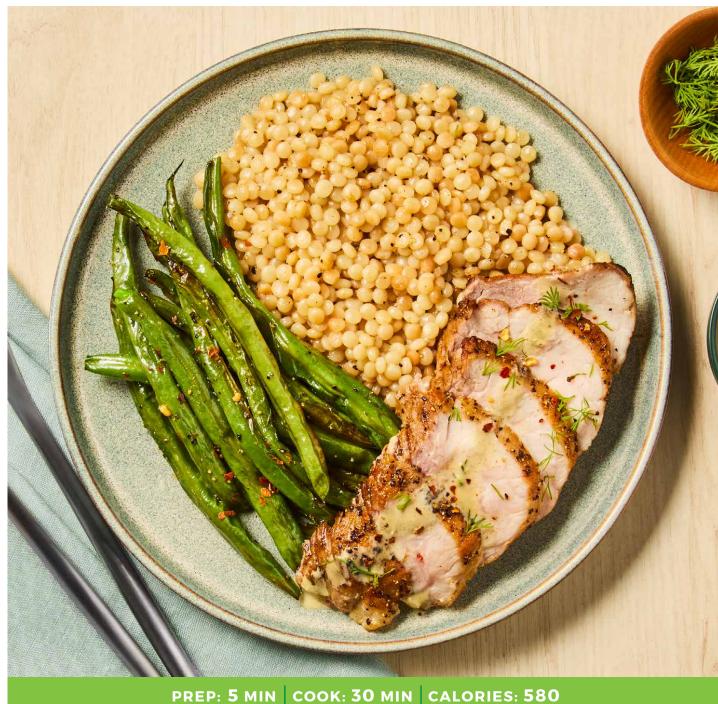
10 oz | 20 oz Beef Tenderloin Steak





CREAMY DILL PORK FILET

with Couscous & Green Beans





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
- Large panSmall pot
- Aluminum foilPaper towels
- 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.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh

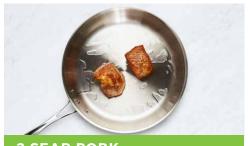
*Pork is fully cooked when internal temperature reaches 145°.

- (5) *Chicken is fully cooked when internal temperature reaches 165°.
- § *Beef is fully cooked when internal temperature reaches 145°.



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.



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!).



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.



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.



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.



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.