



TUSCAN PORK FILET

over Garlicky Tomato Spaghetti & Roasted Zucchini

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



10 oz | 20 oz
Pork Filet



1 TBSP | 1 TBSP
Tuscan Heat Spice



6 oz | 12 oz
Spaghetti
Contains: Wheat



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1 | 2
Chicken Stock
Concentrate



3 TBSP | 6 TBSP
Parmesan 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: 750



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 920



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 700



BUST OUT

- Large pot
- Paper towels
- Large pan
- Baking sheet
- Strainer
- Whisk

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. Bring a large pot of **salted water** to a boil. **Wash and dry produce.**
- Halve **zucchini** lengthwise; slice into ½-inch-thick half-moons. Dice **tomato** into ½-inch pieces. Peel and mince or grate **garlic**.



2 SEASON & SEAR PORK

- Pat **pork*** dry with paper towels; season all over with **half the Tuscan Heat Spice** (all for 4 servings), **salt**, and **pepper**.
 - Heat a **drizzle of oil** in a large pan over medium heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer pork to one side of a baking sheet. Wipe out pan.
- 🔄 Swap in **chicken*** or **salmon*** for pork.
- 🕒 Cook chicken until cooked through, 5-6 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. Turn off heat; transfer to a cutting board. Wipe out pan.



3 ROAST PORK & ZUCCHINI

- Toss **zucchini** with a **drizzle of oil, salt**, and **pepper** on opposite side of baking sheet with **pork**.
 - Roast on top rack until pork is cooked through and zucchini is lightly browned and tender, 12-15 minutes.
- 🔄 Toss and roast **zucchini** as instructed
- 🕒 (skip roasting chicken or salmon!).



4 BOIL PASTA

- Once water is boiling, add **spaghetti** to pot. Cook, stirring occasionally, until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water** (1½ cups for 4 servings), then drain.



5 COOK SAUCE

- When pasta has 5 minutes left, heat a **drizzle of oil** in pan used for pork over medium heat. Add **tomato** and **garlic**; cook, stirring, until softened and fragrant, 1-2 minutes.
- Whisk in **¼ cup reserved pasta cooking water** (½ cup for 4 servings), **cream cheese**, and **stock concentrate**. Cook, stirring, until thickened, 1-2 minutes. Season with **salt** and **pepper**. Remove from heat.

- 🔄 Use pan used for chicken or salmon here.



6 TOSS PASTA

- Add **drained spaghetti, zucchini, half the Parmesan, a splash of reserved pasta cooking water**, and a **drizzle of olive oil** to pan with **sauce**; toss to combine. **TIP: If needed, stir in more pasta cooking water a splash at a time until pasta is thoroughly coated in sauce.**



7 FINISH & SERVE

- Slice **pork** crosswise.
 - Divide **spaghetti** between plates; top with pork and sprinkle with **remaining Parmesan**. Serve.
- 🔄 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°.

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