



PORK FILET WITH DIJON-APRICOT GLAZE

plus Kale Slaw & Rice

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup
White Rice



2 | 4
Chicken Stock
Concentrates



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



5 tsp | 10 tsp
White Wine Vinegar



8 oz | 16 oz
Kale, Broccoli,
and Brussels
Sprouts Mix



10 oz | 20 oz
Pork Filet



1 | 2
Apricot Jam



2 tsp | 4 tsp
Dijon Mustard



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HelloCustom

2 PERSON | 4 PERSON

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: 760



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 770



HELLO

DIJON MUSTARD

This sharp, tangy French-style mustard gives apricot glaze a boost of complex savory flavor.

GET IT DOWN PAT

Blotting out moisture on the pork before cooking helps ensure an even sear on the exterior (and the more browning the better!).

BUST OUT

- Small pot
 - Large bowl
 - Whisk
 - Paper towels
 - Large pan
 - Aluminum foil
 - Small bowl
 - Kosher salt
 - Black pepper
 - Sugar (1 tsp | 2 tsp)
 - Cooking oil (1 tsp | 1 tsp)
 - 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 COOK RICE

- In a small pot, combine **rice**, **half the stock concentrates**, **¾ cup water (1½ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 MAKE SLAW

- While rice cooks, **wash and dry produce**.
- In a large bowl, whisk together **mayonnaise**, **vinegar**, **1 tsp sugar**, and **½ tsp salt** until combined (**use 2 tsp sugar and 1 tsp salt for 4 servings**).
- Add **kale mix** and toss until evenly coated. Refrigerate until ready to serve.



3 COOK PORK

- Pat **pork*** dry with paper towels; season all over with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium heat. Add pork; cover with a lid and cook, turning occasionally, until browned all over and cooked through, 15-20 minutes. (**If pork begins to brown too quickly, lower the heat!**)
- Turn off heat; transfer pork to a cutting board and tent with foil to keep warm.
- Wipe out pan.

🔄 Swap in **chicken*** for pork. Cook until browned and cooked through, 4-6 minutes per side.



4 MAKE GLAZE

- In a small bowl, whisk together **jam**, **mustard**, **remaining stock concentrate**, and **¼ cup water (½ cup for 4 servings)**.
- Heat pan used for pork over medium-high heat. Add **glaze mixture** and bring to a simmer. Cook, stirring occasionally, until thickened, 1-2 minutes.
- Turn off heat. Stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt** and **pepper** if desired.



5 FLUFF RICE & SLICE PORK

- Fluff **rice** with a fork.
 - Slice **pork** crosswise.
- 🔄 Cut **chicken** crosswise.



6 SERVE

- Divide **rice**, **slaw**, and **pork** between plates in separate sections; spoon **glaze** over pork. Serve.

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

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