



Almond-Crusted Pork

with Israeli Couscous Risotto and Peas

Family Friendly

45 Minutes



Pork Tenderloin



Almonds, sliced



Israeli Couscous



Chicken Broth Concentrate



Red Onion



Thyme



Garlic



Green Peas



Parmesan Cheese, grated



Dijon Mustard



Panko Breadcrumbs

HELLO ALMONDS

Crushed and tossed with panko for a nutty, crispy pork coating!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, shallow dish, silicone brush, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Almonds, sliced	28 g	56 g
Israeli Couscous	¾ cup	1 ½ cup
Chicken Broth Concentrate	1	2
Red Onion	56 g	113 g
Thyme	7 g	14 g
Garlic	3 g	6 g
Green Peas	113 g	227 g
Parmesan Cheese, grated	¼ cup	½ cup
Dijon Mustard	1 tbsp	2 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Strip **1 tbsp thyme leaves** (dbl for 4 ppl) off stems. Roughly chop **almonds**. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Pat **pork** dry with paper towels. Combine **2 ¼ cup water** (dbl for 4 ppl) and **broth concentrate** to a medium pot. Bring to a gentle boil over medium heat.



Start couscous

While **pork** roasts, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened, 1-2 min. Add **couscous, peas** and **garlic**. Cook, stirring often, until **garlic** is fragrant and **couscous** is toasted, 1-2 min. Add **1 cup broth**. Cook, stirring often, until **broth** has been absorbed by **couscous**. Continue adding **broth, 1 cup** at a time, stirring often, until **broth** is absorbed, texture is creamy and **couscous** is tender, 10-15 min (15-18 min for 4 ppl).



Coat pork

While **broth** comes to a boil, stir together **almonds, thyme, panko, ¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a shallow dish. Arrange **pork** on a parchment-lined baking sheet. Brush **Dijon** over the top and sides of **pork**, then press **pork** into **panko mixture** to coat. Return **coated pork** to the baking sheet.



Finish couscous

After the **last cup of broth** has been absorbed, stir in **half the Parmesan** and **2 tbsp butter** (dbl for 4 ppl). Season with **salt and pepper**.



Roast pork

Drizzle **1 tsp oil** (dbl for 4 ppl) over **pork**. Roast in the **middle** of the oven, until golden-brown and cooked through, 20-25 min.**



Finish and serve

Slice **almond-crusted pork**. Divide **couscous risotto** between plates, then top with **pork**. Sprinkle **remaining Parmesan** over top.

Dinner Solved!