

# MARLEY SPOON



## Pan-Roasted Pork Cutlets with Persian Spices,

Couscous & Green Beans



30-40min



2 Servings

Juicy pork cutlets are coated in a powerhouse combination of spices and aromatics inspired by Persian flavors, including fennel seed, coriander, orange zest, and sumac. The couscous and pork cutlets are coated in a vibrant dressing of fresh parsley and orange juice because no Persian meal is complete without a punch of fresh flavor.



## What we send

- ½ lb green beans
- garlic
- 1 orange
- ¼ oz fennel seeds
- ¼ oz coriander seeds
- ¼ oz sumac
- 3 oz couscous <sup>1</sup>
- 12 oz pork cutlets
- ¼ oz fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)

## Tools

- microplane or grater
- meat mallet (or heavy skillet)
- small saucepan
- rimmed baking sheet
- large skillet

## Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 760kcal, Fat 47g, Carbs 46g, Protein 44g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim **green beans**. Thinly slice **1 large garlic clove** and finely chop **½ teaspoon garlic**. Finely grate **all of the orange zest**. Separately squeeze **1½ tablespoons orange juice** into a medium bowl. Pat **pork cutlets** dry.



### 4. Roast green beans

On a rimmed baking sheet, toss **green beans, sliced garlic**, and **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until green beans are tender and browned in spots, 8-10 minutes.



### 2. Season pork cutlets

Use a meat mallet (or heavy skillet) to coarsely crush **all of the fennel seeds and coriander seeds**. In a small bowl, stir to combine **orange zest, 2 teaspoons sumac, 1 tablespoon of the crushed coriander and fennel, ½ teaspoon salt**, and **a few grinds of pepper**. Rub spice blend all over **pork cutlets**; set aside until step 5.



### 5. Cook pork cutlets

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **pork cutlets** and cook until browned on the bottom, 1-2 minutes. Flip pork, and cook until pork is cooked through, 1-2 minutes more.



### 3. Cook couscous

In a small saucepan, combine **½ cup water** and **¼ teaspoon salt**. Cover and bring to a boil over high heat. Stir in **couscous**, then remove from heat. Cover and let stand until ready to serve.



### 6. Finish & serve

Finely chop **parsley leaves and stems**. To bowl with **orange juice**, whisk in **chopped garlic, ¼ cup oil**, and **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**; stir in **chopped parsley**. Fluff **couscous** with a fork; stir in **half of the dressing**. Serve **pork** with **couscous** and **green beans** with **remaining dressing** to drizzle over, if desired. Enjoy!