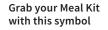
Pork Fillet & Lemon Dressing

with Roast Veggie Pearl Couscous & Pistachios

GOURMET









Beetroot



Peeled & Chopped



Pumpkin







Garlic







Pearl Couscous

Currants



Vegetable Stock



Powder





Garlic Sauce

Lemon



Leaves

Baby Spinach



Fetta Cubes



A dish this elegant deserves a glass of wine and some good conversation. Succulent pork rests on a bed of roasted veggies and pearl couscous, while the sublime lemon-garlic dressing and crunchy pistachios add a special touch.

Pantry items Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
beetroot	1	2	
red onion	1	2	
peeled & chopped pumpkin	1 small bag	1 medium bag	
premium pork fillet	1 packet	2 packets	
garlic	2 cloves	4 cloves	
pistachios	1 medium packet	2 medium packets	
pearl couscous	1 medium packet	1 large packet	
water*	1¼ cups	2½ cups	
currants	1 medium packet	1 large packet	
vegetable stock powder	1 medium packet	1 large packet	
lemon	1	2	
mint	1 bag	1 bag	
garlic sauce	2 medium packets	4 medium packets	
baby spinach leaves	1 small bag	1 medium bag	
fetta cubes	1 medium packet	1 large packet	
* Danton : Itama			

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4018kJ (960Cal)	558kJ (133Cal)
Protein (g)	64.5g	9g
Fat, total (g)	41.1g	5.7g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	81g	11.2g
- sugars (g)	28.6g	4g
Sodium (mg)	1113mg	154mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to 240°C/220°C fan forced.
- Cut beetroot into 1cm chunks.
- Cut red onion into wedges.
- Place beetroot, red onion and peeled
 & chopped pumpkin on a lined oven tray.
- Drizzle with olive oil and season with salt and pepper. Toss to coat, then roast until tender, 20-25 minutes.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



Cook the pork

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over high heat. Season premium pork fillet all over with salt and pepper.
- Add pork to the hot pan and cook, turning, until browned all over, 4 minutes.
- Transfer to a second lined oven tray. Roast for 12-14 minutes for medium, or until cooked to your liking.
- Remove the tray from the oven, cover pork loosely with foil and set aside to rest for 10 minutes.

TIP: The pork will continue to cook as it rests. Pork can be served slightly blushing in the centre.



Cook the pearl couscous

- Meanwhile, finely chop garlic. Roughly chop pistachios.
- Wipe out the frying pan and return to medium-high heat. Add pistachios and toast until golden, 3-4 minutes. Transfer to a small bowl.
- Return pan to medium-high heat with a drizzle of olive oil. Add pearl couscous and garlic and toast, stirring occasionally, until golden,
 2 minutes.
- Add the water, currants and vegetable stock powder. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, 10-12 minutes. Set aside uncovered.



Make the dressing

- Zest **lemon** to get a generous pinch, then cut into wedges.
- Pick and finely chop mint leaves.
- In a small bowl, combine garlic sauce, lemon zest and a squeeze of lemon juice. Season to taste with salt and pepper.



Bring it together

- To the couscous, add roast veggies, baby spinach leaves, a generous squeeze of lemon juice and a drizzle of olive oil.
- Toss to combine. Season to taste with salt and pepper.



Serve up

- Thickly slice pork.
- Divide roast veggie pearl couscous between plates. Top with the pork and any resting juices.
- Drizzle lemon dressing over the pork and top with pistachios.
- Crumble over **fetta cubes** and garnish with mint.
- Serve with remaining lemon wedges. Enjoy!

