



Pork Fillet & Lemon Dressing

with Roast Veggie Pearl Couscous & Pistachios

GOURMET

Grab your Meal Kit with this symbol



Beetroot



Red Onion



Peeled & Chopped Pumpkin



Premium Pork Fillet



Garlic



Pistachios



Pearl Couscous



Currants



Vegetable Stock Powder



Lemon



Mint



Garlic Sauce



Baby Spinach Leaves



Fetta Cubes

Prep in: 30-40 mins
Ready in: 40-50 mins

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 · Large frying pan

Ingredients

	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

*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.

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1



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.

4



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**.

2



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.

5



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**.

3



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.

6



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!

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