



# Carb Smart Chermoula Pork with Currant-Veggie Rice

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2939kJ (702Cal) | Protein 36g | Fat, total 36.1g - saturated 7.3g | Carbohydrate 56.9g - sugars 9.7g | Sodium 978mg  
**Carb smart** | The quantities provided above are averages only.

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2023 | WK30 | AL



# Get ready

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'll need

(along with the basics)



Large Frying Pan

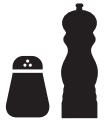


Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Pork Loin Steaks	1 small pkt	2 small pkts OR 1 large pkt
Dill & Parsley Mayonnaise	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Chermoula Spice Blend



Pork Loin Steaks

- In a bowl, combine **spice blend** and a drizzle of **olive oil**. Season, then add **pork**, turning to coat
- Heat **oil** in a frying pan over medium-high heat
- Cook **pork** until cooked through, **3-4 mins** each side. Set aside

## 2. Fry



Green Beans



Lemon

- Meanwhile, trim **beans**.
- Cut **lemon** into wedges and set aside
- Return frying pan to high heat with a drizzle of **oil**
- Cook **beans** with a good splash of **water**, tossing, until tender, **2-3 mins**. Season, then remove pan from heat



## 3. Toss



Microwavable Basmati Rice



Baby Spinach Leaves



Currants



Dill & Parsley Mayonnaise



Flaked Almonds

- Meanwhile, microwave **rice** until steaming, **2-3 mins**. Season
- To pan, add **rice**, **spinach**, **currants** and a squeeze of **lemon juice**. Toss until combined and spinach is wilted, **1-2 mins**
- Plate up **rice**, **pork** and any **resting juices**. Top with **mayo** and **almonds**. Serve with remaining **lemon**



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