



Quick Ras El Hanout Pork & Nutty Couscous

with Tomato Salad & Garlic Sauce

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Tomato



Lemon



Spinach & Rocket Mix



Pork Strips



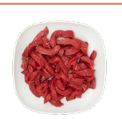
Ras El Hanout



Tomato Paste



Garlic Sauce



Beef Strips

Prep in: **10-20 mins**
Ready in: **15-25 mins**



Pair juicy pork strips with Moroccan-inspired flavours and an almond-adorned couscous for a crowd-pleasing dinner you'll want to whip up on the regular!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Honey, Butter

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
flaked almonds	1 medium packet	1 large packet
tomato	1	2
lemon	½	1
spinach & rocket mix	1 medium bag	2 medium bags
white wine vinegar*	drizzle	drizzle
pork strips	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
honey*	½ tbs	1 tbs
tomato paste	½ packet	1 packet
butter*	20g	40g
garlic sauce	1 medium packet	2 medium packets
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2340kJ (559Cal)	638kJ (152Cal)
Protein (g)	34.7g	9.5g
Fat, total (g)	24.2g	6.6g
- saturated (g)	8g	2.2g
Carbohydrate (g)	48g	13.1g
- sugars (g)	10.9g	3g
Sodium (mg)	1189mg	324mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603Cal)	688kJ (164Cal)
Protein (g)	39.4g	10.7g
Fat, total (g)	27.2g	7.4g
- saturated (g)	9.8g	2.7g
Carbohydrate (g)	47g	12.8g
- sugars (g)	10.7g	2.9g
Sodium (mg)	845mg	230mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the couscous

- Boil the kettle.
- Place **couscous** and **chicken-style stock powder** in a medium heatproof bowl. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork. Stir through **flaked almonds** and set aside.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork strips**, in batches, tossing, until golden, **2-3 minutes**.
- Meanwhile, combine **ras el hanout**, the **honey**, a squeeze of **lemon juice** and **tomato paste** (see ingredients) in a small bowl.
- Return all **pork** to pan, then add **tomato mixture** and the **butter**. Add a splash of **water** if needed, then cook until fragrant and heated through, **1 minute**.

Custom Recipe: If you've swapped to beef strips, prepare pan as above. When oil is hot, cook beef, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Return all beef to the pan, tossing beef in tomato mixture and butter, until heated through, 1 minute.

2



Make the salad

- While couscous is cooking, roughly chop **tomato** into half-moons.
- Cut **lemon** into wedges.
- Roughly chop **spinach & rocket mix**.
- In a medium bowl, place **tomato** and **spinach & rocket mix**. Drizzle with the **white wine vinegar** and **olive oil**.
- Toss to combine and season to taste.

4



Serve up

- Divide ras el hanout pork, nutty couscous and salad between bowls.
- Serve with a dollop **garlic sauce** and remaining lemon wedges. Enjoy!

Rate your recipe

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