



Moroccan-Spiced Pork & Currant Rice

with Cucumber-Tomato Salsa & Garlic Sauce

NEW

Grab your Meal Kit with this symbol



Jasmine Rice



Chicken-Style Stock Powder



Currants



Tomato



Cucumber



Chermoula Spice Blend



Pork Strips



Baby Spinach Leaves



Garlic Sauce



Beef Strips

Prep in: 15-25 mins
Ready in: 25-35 mins



Add a classic Moroccan flavour like our chermoula spice blend to tender pork strips and turn it into a tasty currant rice bowl for dinner tonight. With the additions of a cucumber-tomato salsa, this will beat any take-away dish.

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
boiling water*	1½ cups	3 cups
jasmine rice	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
currants	1 medium packet	1 large packet
tomato	1	2
cucumber	1	2
chermoula spice blend	1 medium sachet	1 large sachet
pork strips	1 small packet	2 small packets OR 1 large packet
honey*	1 tsp	2 tsp
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
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)	2325kJ (556Cal)	604kJ (144Cal)
Protein (g)	32.7g	8.5g
Fat, total (g)	12.6g	3.3g
- saturated (g)	2.2g	0.6g
Carbohydrate (g)	76.1g	19.8g
- sugars (g)	12.7g	3.3g
Sodium (mg)	1512mg	393mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (596Cal)	647kJ (155Cal)
Protein (g)	37.1g	9.6g
Fat, total (g)	15.4g	4g
- saturated (g)	3.9g	1g
Carbohydrate (g)	75.2g	19.5g
- sugars (g)	12.5g	3.2g
Sodium (mg)	1168mg	303mg

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 currant rice

- Boil the kettle. In a medium saucepan, add the **boiling water** (1½ cups for 2 people / 3 cups for 4 people).
- Add **jasmine rice**, **chicken-style stock powder** and **currants**. Stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove pan from heat.
- Keep covered until rice is tender and all water is absorbed, **12 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **pork strips**, tossing, in batches, until golden, **2-3 minutes**.
- Remove from heat, return all **pork** to pan and add the **honey**, tossing to coat.

Custom Recipe: Cook beef strips in batches, until browned and cooked through, 1-2 minutes. Remove pan from heat, return all beef to pan and add the honey, tossing to coat.

2



Get prepped

- When the rice has **10 minutes** remaining, thinly slice **tomato** and **cucumber** into rounds.
- In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive olive oil**. Add **pork strips**, tossing to coat.

Custom Recipe: If you've swapped to beef strips, season beef strips the same way as the pork strips.

4



Toss & serve

- Meanwhile, in a medium bowl, combine tomato, cucumber and a drizzle of **white wine vinegar** and olive oil. Season.
- Stir through **baby spinach leaves** through the rice, until combined.
- Divide currant rice and cucumber-tomato salsa between bowls. Top with chermoula pork.
- Serve with **garlic sauce**. Enjoy!

Rate your recipe

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