



Sweet Chilli-Glazed Pork & Carrot Couscous

with Rocket Salad & Mustard Dressing

EXPLORER

Grab your Meal Kit with this symbol



All-American Spice Blend



Pork Loin Steaks



Sweet Chilli Sauce



Couscous



Chicken-Style Stock Powder



Carrot



Tomato/Kumato



Spinach & Rocket Mix



Mustard Cider Dressing



Pork Loin Steaks

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*

*Custom recipe is not Calorie Smart

This meal is all about the little differences – the all-American seasoning and sweet chilli spicing up the pork, the couscous flecked with carrot and the mustard cider drizzle that will become your new favourite accompaniment.

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

Pantry items

Olive Oil, 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
All-American spice blend	1 medium sachet	2 medium sachets
pork loin steaks	1 small packet	2 small packets OR 1 large packet
sweet chilli sauce	1 packet	2 packets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
butter*	20g	40g
carrot	1	2
tomato/kumato	1	2
spinach & rocket mix	1 medium bag	2 medium bags
mustard cider dressing	1 packet	2 packets
pork loin steaks**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	698kJ (167Cal)
Protein (g)	35.4g	9.1g
Fat, total (g)	33.7g	8.7g
- saturated (g)	12g	3.1g
Carbohydrate (g)	49g	12.6g
- sugars (g)	12.5g	3.2g
Sodium (mg)	1714mg	442mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3673kJ (878Cal)	683kJ (163Cal)
Protein (g)	62.9g	11.7g
Fat, total (g)	46.9g	8.7g
- saturated (g)	17.1g	3.2g
Carbohydrate (g)	50g	9.3g
- sugars (g)	13g	2.4g
Sodium (mg)	2159mg	402mg

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 pork

- Boil the kettle.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork**, turning, until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **sweet chilli sauce** and a splash of **water**. Turn to coat. Transfer to a plate, cover and rest.

Custom Recipe: If you've doubled your pork loin steaks, prepare pork as above. Cook pork in batches for the best result.

3



Toss salad

- While the couscous is cooking, grate **carrot**.
- Roughly chop **tomato**.
- In a large bowl, add **spinach & rocket mix**, **tomato** and **mustard cider dressing**. Season and gently toss to combine.

2



Cook couscous

- While pork is cooking, in a medium heatproof bowl, place **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.

4



Serve up

- Slice sweet chilli-glazed pork.
- Add carrot to couscous and stir to combine. Season to taste.
- Divide carrot couscous and rocket salad between plates.
- Top with pork. Spoon over any remaining glaze from the pan to serve. Enjoy!

Rate your recipe

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