



# Garlicky Pork Steaks & Veggie Couscous

with Creamy Ranch Dressing

NEW

Grab your Meal Kit with this symbol



Couscous



Vegetable Stock Powder



Garlic & Herb Seasoning



Pork Loin Steaks



Garlic



Carrot & Zucchini Mix



Baby Spinach Leaves



Mustard Cider Dressing



Ranch Dressing



Chicken Breast

Prep in: 15-25 mins  
Ready in: 20-30 mins

Eat Me Early\*  
\*Custom Recipe only

This colourful garlicky dish ticks every box. With a warming couscous base with loads of veggies and seared pork, your tastebuds are fully catered for, as they should be!

**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 · Medium saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1 ½ cups
garlic & herb seasoning	1 sachet	2 sachets
pork loin steaks	1 small packet	2 small packets OR 1 large packet
garlic	2 cloves	4 cloves
<b>butter*</b>	20g	40g
carrot & zucchini mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
mustard cider dressing	1 packet	2 packets
ranch dressing	1 packet	2 packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2722kJ (651Cal)	610kJ (146Cal)
Protein (g)	37.8g	8.5g
Fat, total (g)	32.5g	7.3g
- saturated (g)	11.8g	2.6g
Carbohydrate (g)	50.2g	11.2g
- sugars (g)	11.1g	2.5g
Sodium (mg)	1692mg	379mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2505kJ (599Cal)	543kJ (130Cal)
Protein (g)	44.2g	9.6g
Fat, total (g)	24g	5.2g
- saturated (g)	8.1g	1.8g
Carbohydrate (g)	49.4g	10.7g
- sugars (g)	10.6g	2.3g
Sodium (mg)	1331mg	288mg

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](https://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



## Make the couscous

- Boil kettle.
- In a medium heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.

3



## Cook the veggies

- While pork is cooking, finely chop **garlic**. In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium-high heat.
- Add **carrot & zucchini mix** and cook, stirring, until tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Remove from heat. Transfer **cooked veggies** and **baby spinach leaves** to bowl with cooked couscous. Add **mustard cider dressing**, stir to combine and season to taste.

2



## Cook the pork

- In a second medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, add **pork** and cook until cooked through, **3-4 minutes** each side. Transfer to a plate, cover and rest for **5 minutes**.

**TIP:** The seasoning will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side.

4



## Serve up

- Slice pork.
- Divide veggie couscous between bowls. Top with garlicky pork.
- Drizzle **ranch dressing** over pork to serve. Enjoy!

**Custom Recipe:** Slice chicken. Top couscous with garlicky chicken to serve.

## Rate your recipe

Did we make your tastebuds happy?

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