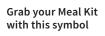


# Garlicky Pork Steaks & Veggie Couscous with Creamy Ranch Dressing

NEW













Garlic & Herb Seasoning



Pork Loin Steaks







Baby Spinach



Ranch Dressing





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

\*Custom Recipe only

**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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
couscous	1 medium packet	1 large packet		
vegetable stock powder	1 medium sachet	1 large sachet		
boiling water*	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		
butter*	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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Per Serving	Per 100g
2722kJ (651Cal)	610kJ (146Cal)
37.8g	8.5g
32.5g	7.3g
11.8g	2.6g
50.2g	11.2g
11.1g	2.5g
1692mg	379mg
	2722kJ (651Cal) 37.8g 32.5g 11.8g 50.2g 11.1g

#### **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

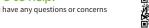
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

2024 | CW07

Scan here if you have any questions or concerns





### Make the couscous

- · Boil kettle.
- In a medium heatproof bowl, add couscous and vegetable stock powder.
- Add the **boiling water** (% 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 and set aside.



# 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.



# 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.



# 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? Let our culinary team know: hellofresh.com.au/rate

