



Paprika Pork Steaks & Pearl Couscous

with Balsamic Vinaigrette & Fetta

MEDITERRANEAN

NEW

Grab your meal kit with this number

42



Soffritto Mix



Pearl Couscous



Chicken-Style Stock Powder



Pork Loin Steak



Paprika Spice Blend



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Fetta Cubes



Chicken Tenderloins



Pork Loin Steak

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me First

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

Pantry items

Olive Oil, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
soffritto mix	1 medium packet	1 large packet
pearl couscous	1 packet	2 packets
water*	1¾ cups	3½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
pork loin steak	1 medium packet	2 medium packets OR 1 large packet
paprika spice blend	1 sachet	2 sachets
honey*	1 tbs	2 tbs
baby spinach leaves	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2586kJ (618Cal)	716kJ (171Cal)
Protein (g)	40.4g	11.2g
Fat, total (g)	21.6g	6g
- saturated (g)	7.6g	2.1g
Carbohydrate (g)	62.7g	17.4g
- sugars (g)	13.3g	3.7g
Sodium (mg)	1641mg	455mg
Dietary Fibre (g)	5.1g	1.4g

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.

1



Cook the veggies

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **soffritto mix**, stirring, until tender, **4-5 minutes**.

2



Start the pearl couscous

- Add **pearl couscous** to pan with **soffritto**, and toast, stirring occasionally, until golden, **1-2 minutes**.
- Stir in the **water** and **chicken-style stock powder**.
- Bring to the boil, then cook, uncovered, on medium-high heat, stirring occasionally, until tender and the water is absorbed, **10-12 minutes**.

3



Cook the pork steaks

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork loin steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

4



Flavour the pork steaks

- In the **last minute** of cook time, sprinkle **paprika spice blend** over **pork**, turning to coat.
- Remove from heat and add the **honey**, turning to coat. Transfer to a plate, cover and rest for **5 minutes**.

5



Finish the pearl couscous

- While pork is resting, add **baby spinach leaves** to **couscous**, stir to combine. Season to taste.

6



Serve up

- Slice pork steaks.
- Divide pearl couscous between bowls. Top with paprika pork. Spoon over any pork resting juices.
- Drizzle over **balsamic vinaigrette**. Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloin for 3-4 minutes.



DOUBLE PORK LOIN STEAK

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

