



# Herby Glazed Pork & Veggie Couscous

with Yoghurt

NEW

Grab your meal kit with this number

1



Capsicum



Carrot



Zucchini



Chicken Stock Pot



Couscous



Baby Spinach Leaves



Mediterranean Seasoning



Pork Loin Steaks



Greek-Style Yoghurt



Pork Loin Steak



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins



Protein Rich



Calorie Smart

In this easy veggie couscous number, fluffy couscous is topped off with a Mediterranean seasoned and honey glazed pork concoction for the ultimate carb-protein duo! And don't forget the dollop of yoghurt – this creamy and cooling addition brings this colourful meal together.

### Pantry items

Olive Oil, Honey, White Wine Vinegar



## 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
capsicum	1	2
carrot	1	2
zucchini	1	2
<b>water*</b>	¾ cup	1½ cup
chicken stock pot	½ packet	1 packet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
Mediterranean seasoning	1 medium sachet	2 medium sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
<b>honey*</b>	½ tbs	1 tbs
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2367kJ (566cal)	241kJ (58cal)
Protein (g)	39.2g	4g
Fat, total (g)	21.8g	2.2g
- saturated (g)	7.2g	0.7g
Carbohydrate (g)	51.4g	5.2g
- sugars (g)	15.2g	1.5g
Sodium (mg)	1439mg	146.5mg
Dietary Fibre (g)	6.3g	0.6g

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

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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Roughly chop **capsicum** into bite-sized chunks.
- Cut **carrot** into half-moons.
- Cut **zucchini** into 2cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with a good pinch of **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.

**TIP:** If the veggies don't fit in a single layer, spread across two trays!



## Cook the pork

- In a large bowl, combine **Mediterranean seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When the oil is hot, add **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness).
- Remove pan from the heat, then add the **honey**. Turn **pork** to coat and transfer to a plate.



## Cook the couscous

- While the veggies are roasting, in a medium saucepan, combine the **water** and **chicken stock pot (see ingredients)** and bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat.
- Set side until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## Finish the couscous

- To the couscous, add **roast veggies**, **spinach** and a drizzle of **white wine vinegar**. Gently toss to combine and season to taste.



## Get prepped

- While the couscous is cooking, roughly chop **baby spinach leaves**.



## Serve up

- Thickly slice pork.
- Divide veggie couscous between bowls.
- Top with herby glazed pork and any resting juices.
- Dollop with **Greek-style yoghurt** to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

