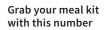


# Moroccan Glazed Pork & Veggie Couscous

with Yoghurt

NEW

















Zucchini

Chicken Stock





**Baby Spinach** 





Chermoula Spice Blend

Pork Loin Steaks



Greek-Style Yoghurt







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

Calorie Smart



**Protein Rich** 

In this easy veggie couscous number, fluffy couscous is topped off with a Morocacn spiced 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
capsicum	1	2	
carrot	1	2	
zucchini	1	2	
water*	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	
chermoula spice blend	1 medium sachet	1 large sachet	
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet	
honey*	½ tbs	1 tbs	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	

#### **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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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 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.



## Get prepped

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



## Cook the pork

- In a large bowl, combine chermoula spice blend, 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.



### 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.



## Serve up

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



