



Aussie-Spiced Pork & Roast Veggie Couscous

with Herby Mayo & Parsley

Grab your Meal Kit with this symbol



Tomato



Red Onion



Carrot



Couscous



Garlic & Herb Seasoning



Garlic



Aussie Spice Blend



Baby Spinach Leaves



Parsley



Pork Strips



Dill & Parsley Mayonnaise

Prep in: **25-35** mins
Ready in: **35-45** mins



This colourful meal has flavour in spades. From the roasted veggies, to the spiced pork and dill-parsley mayo, you'll be licking the bowl clean in no time!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
red onion	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork strips	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2550kJ (609Cal)	511kJ (122Cal)
Protein (g)	40.7g	8.2g
Fat, total (g)	24.6g	4.9g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	54.1g	10.8g
- sugars (g)	15.4g	3.1g
Sodium (mg)	1372mg	275mg

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**.
- Cut **tomato** and **red onion** into thick wedges. Cut **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the pork

- When the roast veggies have 5 minutes remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork**, in batches, until golden, **2-3 minutes**.

TIP: Cooking the pork in batches over a high heat helps it stay tender.



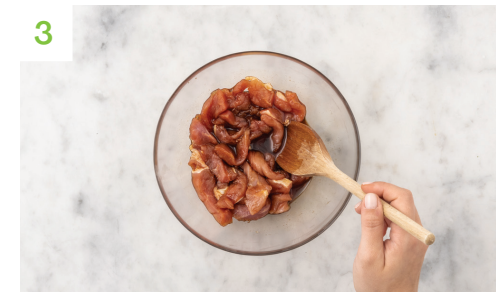
Cook the garlic couscous

- Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add the **water** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff up with a fork.



Finish the couscous

- Add roasted **veggies** and **baby spinach leaves** to the **couscous**. Gently toss to combine.
- Season to taste.



Flavour the pork

- While the couscous is cooking, combine **Aussie spice blend** and a generous drizzle of **olive oil** in a medium bowl.
- Add **pork strips**, tossing to coat.



Serve up

- Roughly chop **parsley** leaves.
- Divide roast veggie couscous between bowls.
- Top with Aussie-spiced pork.
- Drizzle with **dill & parsley mayonnaise**.
- Garnish with parsley to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW23

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