

Dinner - Chermoula Pork & Carrot Couscous Bowl with Salsa
 Lunch - Pork & Pumpkin Almond Salad with Lemon Yoghurt Dressing

DINNER 2 LUNCH



Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Carrot



Garlic



Lemon



Tomato



Cucumber



Mint



Chicken-Style Stock Powder



Couscous



Chermoula Spice Blend



Pork Strips



Greek-Style Yoghurt



Flaked Almonds

For your lunch



Salad Leaves



Currants



Roasted Almonds

Pantry items

Olive Oil, Butter

Prep in: 35-45 mins
 Ready in: 40-50 mins



Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new twist on the recipe to create something different for lunch the next day! Add some classic Moroccan flavour like our chermoula spice to pork strips for a tasty couscous bowl for dinner. Then use the remainder for a gorgeous pork and pumpkin-adorned salad for a lunch that beats takeaway, anyway!

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

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
red onion	1	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (200g)
carrot	1	2
garlic	1 clove	2 cloves
lemon	1	2
tomato	2	3
cucumber	1	2
mint	1 bag	1 bag
butter*	20g	40g
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
chermoula spice blend	1 large sachet	1 medium + 1 large sachets
pork strips	1 large packet	1 large + 1 small packets
Greek-style yoghurt	1 large packet	1 large + 1 medium packets
flaked almonds	1 medium packet	1 large packet
salad leaves	1 medium bag	1 medium bag
currants	1 medium packet	1 large packet
roasted almonds	1 medium packet	1 medium packet

*Pantry Items

Nutrition

Dinner

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2040kJ (488Cal)	457kJ (109Cal)
Protein (g)	34.0g	7.6g
Fat, total (g)	15.6g	3.5g
- saturated (g)	8.3g	1.9g
Carbohydrate (g)	49.1g	11.0g
- sugars (g)	11.9g	2.7g
Sodium (g)	1050mg	234mg

Lunch

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1510kJ (361Cal)	382kJ (91Cal)
Protein (g)	32.9g	8.3g
Fat, total (g)	13.8g	3.5g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	23.1g	5.8g
- sugars (g)	17.6g	4.5g
Sodium (mg)	964mg	243mg

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://www.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 the oven to **240°C/220°C fan forced**. Cut **red onion** into wedges.
- Place **peeled & chopped pumpkin** and **onion** onto a lined oven tray. Drizzle with **olive oil** and season with a good pinch of **salt** and **pepper**.
- Roast until tender, **20-25 minutes**.

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



Cook the pork

- To a second medium bowl, add **chermoula spice blend**, a drizzle of **olive oil** and a generous pinch of **salt** and **pepper**. Add **pork strips** and toss to combine.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. Add **pork strips** in batches and cook, tossing, until golden and cooked through, **2-3 minutes**.



Get prepped

- Meanwhile, grate **carrot**. Finely chop **garlic**.
- Zest **lemon** to get a good pinch then cut into wedges. Roughly chop **tomato** and **cucumber**. Pick and finely chop **mint**.
- In a medium bowl, add **tomato** (reserve 2 portions for lunch!), **cucumber**, a squeeze of **lemon juice**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Toss to combine.



Serve up

- While the pork is cooking, in a small bowl, combine **Greek-style yoghurt**, **lemon zest** and a pinch of **salt** and **pepper**.
- Divide the **carrot couscous** and **salsa** between bowls.
- Top with the **chermoula pork strips**, **lemon yoghurt**, **mint** and remaining **lemon wedges** (reserve 2 portions of each of these for lunch!).
- Sprinkle over **flaked almonds** to serve. Enjoy!



Cook the couscous

- Melt the **butter** with a drizzle of **olive oil** in a medium saucepan over medium-high heat. Add **carrot** and **garlic** and cook, stirring, until just softened and fragrant, **1-2 minutes**.
- Add the **water** and **chicken-style stock powder**. Bring to the boil.
- Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff with a fork.



Make lunch

- When you're ready to pack lunch, to the reserved **lemon yoghurt**, add a drizzle of **olive oil**, stir to combine then divide between two reusable containers.
- Divide the **roast veggies**, **salad leaves** and **currants** between the two containers. Top with the reserved **tomato**, **chermoula pork strips**, **mint** and **lemon wedges**. Refrigerate.
- At lunch, remove the **lemon wedges** and toss well to combine. Season to taste with **salt** and **pepper**. Sprinkle over **roasted almonds** and serve with **lemon wedges**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2023 | CW19

