



# Chermoula Pork & Cauliflower Rice Bowl

with Tomato Salad & Garlic Sauce

Grab your Meal Kit with this symbol



Garlic



Tomato



Chermoula Spice Blend



Pork Loin Steaks



Cauliflower Rice



Currants



Baby Spinach Leaves



Garlic Sauce

Hands-on: **15-25 mins**  
 Ready in: **25-35 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Carb Smart

Tonight, take on this super-speedy, low-carb Middle Eastern feast. Serve up spiced pork with cauliflower rice studded with currants for sweetness. Delicious!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
tomato	1	2
chermoula spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
currants	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1867kJ (446Cal)	450kJ (108Cal)
Protein (g)	41.7g	10.1g
Fat, total (g)	23.4g	5.6g
- saturated (g)	7.7g	1.9g
Carbohydrate (g)	15.3g	3.7g
- sugars (g)	11.8g	3.7g
Sodium (mg)	662mg	160mg
Dietary Fibre	5.9g	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Finely chop **garlic**.
- Slice **tomato** into thin wedges.
- In a medium bowl, combine **chermoula spice blend** and a generous drizzle of **olive oil**.
- Add **pork loin steaks** and toss to coat. Set aside.

3



## Cook the cauliflower rice

- Wipe out the frying pan and return to a high heat with a drizzle of **olive oil** and the **butter**.
- Cook **cauliflower rice** and **garlic** until softened slightly, **2-3 minutes**.
- Remove from the heat, then stir through the **currants**. Season to taste.

2



## Cook the pork

- Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Transfer to a plate to rest.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

4



## Serve up

- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Add tomato and **baby spinach leaves**. Toss to coat and season to taste.
- Slice chermoula pork.
- Divide the cauliflower rice, salad and pork between plates.
- Drizzle the **garlic sauce** over the pork to serve.

## Enjoy!