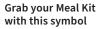
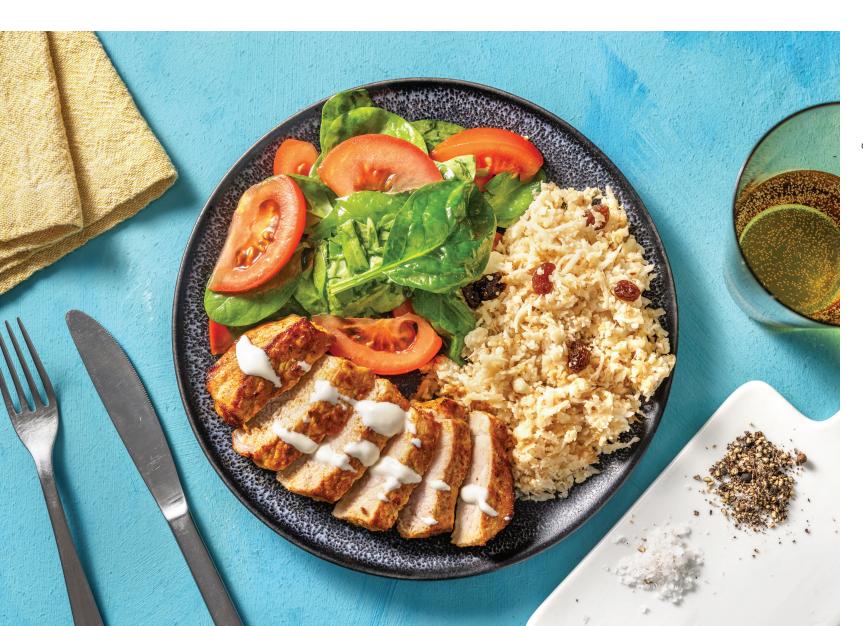


Chermoula Pork & Cauliflower Rice Bowl

with Tomato Salad & Garlic Sauce

















Chermoula Spice Blend









Currants



Baby Spinach Leaves



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

9		
	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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!



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.



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!