



Chermoula Pork & Yoghurt Sauce

with Wholemeal Carrot Couscous & Tomato Salad



Carrot



Garlic



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Mint



Vegetable Stock Powder



Wholemeal Couscous



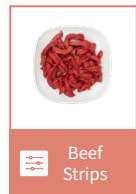
Chermoula Spice Blend



Greek-Style Yoghurt



Pork Strips



Beef Strips

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**

Calorie Smart

This recipe is all about the little differences – the chermoula spicing up the pork, the flecks of carrot adding sweetness to the couscous, the yoghurt adding creaminess and tang, and lastly, the mint garnish, which makes the dish sing.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
garlic	1 clove	2 cloves
tomato	1	2
cucumber	1	2
baby spinach leaves	1 small bag	1 medium bag
lemon	½	1
mint	1 bag	1 bag
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
pork strips	1 small packet	1 large packet
water* (for the sauce)	½ tsp	1 tsp
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	477kJ (114Cal)
Protein (g)	40.7g	8.2g
Fat, total (g)	23.6g	4.8g
- saturated (g)	10.1g	2g
Carbohydrate (g)	41.2g	8.3g
- sugars (g)	12.2g	8.3g
Sodium (mg)	1601mg	323mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2360kJ (564Cal)	502kJ (120Cal)
Protein (g)	46.5g	9.9g
Fat, total (g)	21g	4.5g
- saturated (g)	9g	1.9g
Carbohydrate (g)	41.2g	8.8g
- sugars (g)	12.2g	8.8g
Sodium (mg)	935mg	199mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1 Get prepped

Grate the **carrot** (see ingredients). Finely chop the **garlic**. Roughly chop the **tomato** and **cucumber**. Roughly chop the **baby spinach leaves**. Zest the **lemon** to get a good pinch, then slice into wedges. Pick and roughly chop the **mint** leaves.



4 Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, until golden, **2-3 minutes**.

CUSTOM RECIPE

Prepare the pan as above. Cook the beef strips, in batches, until browned and cooked through, 1-2 minutes.



2 Make the carrot couscous

In a medium saucepan over a medium-high heat, melt the **butter** with a drizzle of **olive oil**. Cook the **carrot**, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the couscous)** and **vegetable stock powder**. Bring to the boil. Add the **wholemeal couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



5 Make the yoghurt sauce

In a small bowl, combine the **water (for the sauce)** with a pinch of **salt** and **pepper**, a drizzle of **olive oil** and the remaining **yoghurt**. Set aside. Combine the **carrot couscous** with the **lemon zest, tomato, cucumber, baby spinach** and a squeeze of **lemon juice**. Season to taste.



3 Prep the pork

In a large bowl, combine the **chermoula spice blend**, some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people), a squeeze of **lemon juice** and drizzle of **olive oil**. Add the **pork strips**, tossing to coat.

CUSTOM RECIPE

If you've swapped to beef strips, prep as above.



6 Serve up

Divide the chermoula pork, wholemeal carrot couscous and tomato salad between plates. Top with the yoghurt sauce and garnish with the mint. Serve with any remaining lemon wedges.

CUSTOM RECIPE

Serve the chermoula beef as above.

Enjoy!

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