



Chermoula Spiced Pork

with Zesty Veggie Couscous Salad

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Vegetable Stock



Couscous



Chermoula Spice Blend



Greek Yoghurt



Pork Strips



Mint

- Hands-on: 25-35 mins
- Ready in: 30-40 mins
- Calorie Smart

This meal is all about the little differences – the chermoula spicing up the pork, the flavourful couscous flecked with carrot and the yoghurt drizzle with a mint garnish that will become your new favourite accompaniment.

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 bag (30g)	1 bag (60g)
lemon	½	1
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
Greek yoghurt	1 packet (100g)	1 packet (200g)
pork strips	1 packet	1 packet
water* (for the sauce)	½ tsp	1 tsp
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2393kJ (571Cal)	482kJ (115Cal)
Protein (g)	40.1g	8.1g
Fat, total (g)	22.1g	4.5g
- saturated (g)	9.7g	2g
Carbohydrate (g)	48.5g	9.8g
- sugars (g)	13.1g	2.6g
Sodium (mg)	1595mg	322mg

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

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.



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**. Remove from the heat.



Make the carrot couscous

Melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water (for the couscous)** and crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



Bring it all together

In a small bowl, combine the remaining **Greek yoghurt**, the **water (for the sauce)** and a drizzle of **olive oil**. Season to taste. In a large bowl, combine the **carrot couscous**, **lemon zest**, **tomato**, **cucumber**, **baby spinach** and a squeeze of **lemon juice**. Season to taste.

TIP: Add the veggies to the couscous pan and save on washing up!



Prep the pork

In a large bowl, combine the **chermoula spice blend**, **Greek 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** and toss to coat.



Serve up

Pick and roughly chop the **mint** leaves. Divide the zesty veggie couscous salad and chermoula spiced pork between plates. Top with the Greek yoghurt and garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!