



Chermoula Pork Bowl

with Wholemeal Carrot Couscous & Tomato Salad

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Mint



Vegetable Stock



Wholemeal Couscous



Chermoula Spice Blend



Greek-Style Yoghurt



Pork Strips

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 wholemeal 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
mint	1 bunch	1 bunch
butter*	20g	40g
water*		
(for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
wholemeal couscous	1 medium packet	2 medium packets
chermoula spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
pork strips	1 small packet	1 large packet
water*		
(for the sauce)	½ tsp	1 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2356kJ (563Cal)	476kJ (113Cal)
Protein (g)	40.4g	8.2g
Fat, total (g)	23.7g	4.8g
- saturated (g)	10.1g	2g
Carbohydrate (g)	40.9g	8.3g
- sugars (g)	12.7g	2.6g
Sodium (mg)	1616mg	326mg

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

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.



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**.



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** cubes (1 cube for 2 people / 2 cubes for 4 people). 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**.



Make the yoghurt drizzle

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



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** and toss to coat.



Serve up

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

Enjoy!