



Chermoula Pork Bowl

with Wholemeal Carrot Couscous



Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Vegetable Stock Powder



Wholemeal Couscous



Chermoula Spice Blend



Greek-Style 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 wholemeal couscous flecked with carrot and the yoghurt drizzle with a mint garnish that will become your new favourite accompaniment.

The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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	1 ½ 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 packet	1 packet
water* (for the sauce)	½ tsp	1 tsp
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2368kJ (566Cal)	478kJ (114Cal)
Protein (g)	40.6g	8.2g
Fat, total (g)	23.6g	4.8g
- saturated (g)	10.1g	2g
Carbohydrate (g)	41.4g	8.4g
- sugars (g)	13g	8.4g
Sodium (mg)	1601mg	323mg

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.



Make the carrot couscous

In a medium saucepan over a medium-high heat, melt the **butter** with a drizzle of **olive oil**. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic**, 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**.



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.



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 yoghurt drizzle

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



Serve up

Pick and roughly chop the **mint** leaves. Divide the carrot couscous and chermoula pork between plates. Top with the yoghurt drizzle and garnish with the mint. Serve with any remaining lemon wedges.

Enjoy!