



Lemon Pepper Pork & Roast Veggie Couscous

with Creamy Pesto & Almonds

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Brown Onion



Beetroot



Garlic & Herb Seasoning



Lemon Pepper Seasoning



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Creamy Pesto Dressing



Pork Strips



Haloumi

Prep in: **20-30 mins**
Ready in: **35-45 mins**

The Mediterranean is home to all things sun, sea, and glorious dishes like this! Brimming with succulent pork strips, fluffy couscous, a rainbow of veggies and crunchy golden almonds, escape the ordinary with tonight's treat of a dinner.

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

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| sweet potato | 1 | 2 |
| brown onion | 1 | 2 |
| beetroot | 1 | 2 |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| creamy pesto dressing | 1 packet (50g) | 1 packet (100g) |
| water* | ½ tbs | 1 tbs |
| lemon pepper seasoning | 1 small packet | 1 medium packet |
| pork strips | 1 small packet | 1 large packet |
| couscous | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| boiling water* | ¾ cup | 1 ½ cups |
| flaked almonds | 1 medium packet | 1 large packet |
| haloumi** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3367kJ (805Cal) | 540kJ (129Cal) |
| Protein (g) | 44.1g | 7.1g |
| Fat, total (g) | 35g | 5.6g |
| - saturated (g) | 9.8g | 1.6g |
| Carbohydrate (g) | 73.9g | 11.9g |
| - sugars (g) | 27.9g | 4.5g |
| Sodium (mg) | 1732mg | 278mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3701kJ (884Cal) | 657kJ (157Cal) |
| Protein (g) | 30.3g | 5.4g |
| Fat, total (g) | 48.7g | 8.6g |
| - saturated (g) | 21.2g | 3.8g |
| Carbohydrate (g) | 77.4g | 13.7g |
| - sugars (g) | 30g | 5.3g |
| Sodium (mg) | 2311mg | 410mg |

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **sweet potato** into bite-sized chunks. Cut **brown onion** into thick wedges. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **garlic & herb seasoning** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Finish the couscous

- Fluff up **couscous** with a fork.
- Gently stir roasted **veggies** through **couscous**. Cover to keep warm.

Little cooks: Under adult supervision, help fluff up the couscous.

2



Get prepped

- Meanwhile, combine **creamy pesto dressing** and the **water** in a small bowl. Set aside.
- In a medium bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **pork strips**, tossing to coat. Set aside.

Little cooks: Take charge by combining the pesto and the water!

Custom Recipe: If you've swapped to haloumi, cut it into 1cm-thick slices. When combining the seasonings, use only 1/2 of the garlic & herb seasoning. Add haloumi to bowl with the seasoning, tossing to coat. Set aside.

5



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **pork**, in batches, tossing, until golden, **2-3 minutes**.
- Remove from heat.

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.

3



Cook the couscous

- Boil the kettle.
- In a second medium bowl, add **couscous**, the **butter** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people). Stir to combine.
- Immediately cover with plate and leave for **5 minutes**.

6



Serve up

- Divide roast veggie couscous between bowls. Top with Mediterranean pork.
- Sprinkle with **flaked almonds**. Drizzle with the creamy pesto to serve. Enjoy!

Little cooks: Add the finishing touches by sprinkling the almonds and drizzling the pesto on top!

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