



# Lemon Pepper Pork with Roast Veggie Couscous & Dill-Parsley Mayo

**FRESH & FAST** Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2585kJ (618Cal) | Protein 44.2g | Fat, total 30g - saturated 3.7g | Carbohydrate 40.7g - sugars 11.5g | Sodium 770mg  
**Calorie Smart** | The quantities provided above are averages only.

We're here to help! Scan here  
2022 | WK39 | AL



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Pork Loin Steaks	1 small pkt	1 large pkt
Carrot & Zucchini Mix	1 medium bag	1 large bag
Couscous with Roasted Vegetables	1 pkt	2 pkts
Dill & Parsley Mayonnaise	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Lemon Pepper Seasoning



Pork Loin Steaks



Carrot & Zucchini Mix



Baby Spinach Leaves



Spring Onion

## 2. Toss

## 3. Zap



Couscous with Roasted Vegetables



Dill & Parsley Mayonnaise

- In a medium bowl, combine **lemon pepper seasoning** (1/2 sachet for 2P / 1 sachet for 4P) and a drizzle of **olive oil**. Season, then add **pork**, turning to coat
- In a frying pan, heat a drizzle of **oil** over medium-high heat
- Cook **pork** until cooked through, **3-4 mins** each side
- Set aside to rest

- Return pan to medium-high heat with a drizzle of **oil**
- Cook **carrot & zucchini mix**, tossing, until tender, **4-6 mins**
- Chop **spinach** and **spring onion**

- Prick holes in **couscous** packet. Zap in microwave until steaming, **1 min**
- To the **veggie** pan, add **couscous** and **spinach**. Drizzle with **oil**, then season
- Plate up **couscous** and **pork**. Top with **mayo** and **spring onion** to serve

