



Carb Smart Lemon Pepper Pork with Veggie Couscous

FRESH & FAST

Box to plate: 15 mins

KID FRIENDLY

Grab your
Fresh & Fast
Meal Kit



Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Nutrition Per Serving: Energy 2676kJ (640Cal) | Protein 37.4g | Fat, total 37.4g - saturated 7.3g | Carbohydrate 35.7g - sugars 7.3g | Sodium 1413mg
Carb Smart | The quantities provided above are averages only

We're here to help! Scan here
2023 | WK20 | 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)

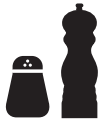


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 small pkt	1 large pkt
Broccoli & Carrot Mix	1 medium bag	1 large bag
Mustard Cider Dressing	1 pkt	2 pkt
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Boil



Wholemeal Couscous



Chicken-Style Stock Powder

- Boil the kettle
- In a medium heatproof bowl, combine **wholemeal couscous** and **stock powder**
- Add the **boiling water** (¾ cup for 2P / 1½ cups for 4P) and stir to combine. Immediately cover with a plate and leave for **5 mins**
- Fluff up with fork and set aside



2. Sizzle



Pork Loin Steaks



Lemon Pepper Seasoning



Broccoli & Carrot Mix

- In a frying pan, heat a drizzle of **oil** over medium-high heat
- Cook **pork** until cooked through, **3-4 mins** each side. Add **seasoning**, turning to coat, **1 min**. Set aside to rest
- Return pan to high heat with a drizzle of **oil**
- Cook **veggie mix**, tossing, until tender, **4-6 mins**. Season



3. Serve



Baby Spinach Leaves

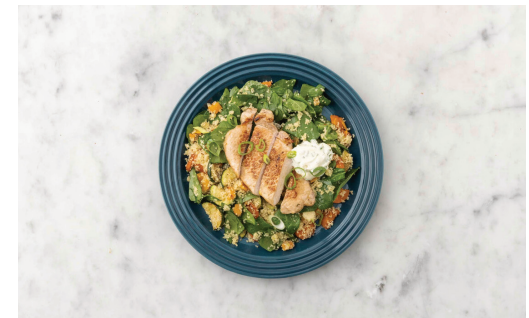


Mustard Cider Dressing



Dill & Parsley Mayonnaise

- To couscous, add **cooked veggies**, **spinach leaves** and **mustard cider dressing**. Season
- Slice **pork**. Divide **pork** and **veggie couscous** between plates
- Serve with **mayo**



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