



Mediterranean Pork Couscous Bowl

with Roast Veggies & Pesto Dressing

Grab your Meal Kit with this symbol



Tomato



Zucchini



Carrot



Red Onion



Garlic



Lemon



Parsley



Creamy Pesto Dressing



Pork Strips



Garlic & Herb Seasoning



Lemon Pepper Spice Blend



Chicken Stock



Couscous



Flaked Almonds

Hands-on: 20-30 mins
Ready in: 35-45 mins

The Mediterranean is home to sun, sea and glorious dishes like this! From the spiced pork strips to the couscous studded with a rainbow of veggies, this meal is simply delicious.

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 · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
zucchini	1	2
carrot	1	2
red onion	1	2
garlic	1 clove	2 cloves
lemon	½	1
parsley	1 bag	1 bag
creamy pesto dressing	1 sachet (50g)	1 sachet (100g)
water* (for the dressing)	2 tsp	1 tbs
pork strips	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
lemon pepper spice blend	1 sachet	2 sachets
butter*	20g	40g
water* (for the couscous)	¾ cups	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3170kJ (757Cal)	491kJ (117Cal)
Protein (g)	40.2g	6.2g
Fat, total (g)	38.1g	5.9g
- saturated (g)	9.9g	1.5g
Carbohydrate (g)	57.3g	8.9g
- sugars (g)	20.4g	3.2g
Sodium (mg)	2353mg	365mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **tomato** into wedges. Cut the **zucchini** into thick half-moons. Cut the **carrot** into thin half-moons. Cut the **red onion** into wedges. Place the **veggies** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.

TIP: If the veggies don't fit in a single layer, divide between two trays!



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a good pinch, then slice into wedges. Roughly chop the **parsley**. In a small bowl, combine the **creamy pesto dressing** and **water (for the dressing)**. In a medium bowl, combine the **pork strips, garlic & herb seasoning, lemon pepper spice blend** and a drizzle of **olive oil**. Toss to coat.



Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork strips**, in batches, tossing, until golden, **2-3 minutes**. Transfer to a large bowl. Stir the **roasted veggies, lemon zest** and a squeeze of **lemon juice** through the **couscous**.



Make the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

Divide the couscous between bowls and top with the pork strips. Drizzle over the creamy pesto dressing and top with the toasted almonds and the parsley. Serve with any remaining lemon wedges.

Enjoy!