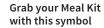


Mediterranean Pork & Roast Veggie Couscous

with Creamy Pesto & Almonds















Beetroot





Garlic & Herb



Lemon Pepper Seasoning





Couscous



Flaked Almonds



Creamy Pesto Dressing



Pork Strips

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 \cdot Medium saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
brown onion	1	2
tomato	1	2
beetroot	1	2
garlic	1 clove	2 cloves
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water* (for the dressing)	2 tsp	1 tbs
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon pepper seasoning	1 sachet (4g)	1 sachet (8g)
pork strips	1 small packet	1 large packet
butter*	20g	40g
water* (for the couscous)	³⁄4 cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3123kJ (746Cal)	543kJ (129Cal)
42.6g	7.4g
34.9g	6.1g
9.8g	1.7g
61.7g	10.7g
23.6g	4.1g
1682mg	293mg
	3123kJ (746Cal) 42.6g 34.9g 9.8g 61.7g 23.6g

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 oven to 220°C/200°C fan-forced.
- Cut carrot into bite-sized chunks. Cut brown onion and tomato into thick wedges. Cut beetroot into small chunks.
- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, season with salt and pepper 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.



Get prepped

- Meanwhile, finely chop garlic.
- In a small bowl, combine creamy pesto dressing and the water (for the dressing). Set aside.
- In a medium bowl, combine garlic & herb seasoning, 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! You can also help combine the ingredients for the pork seasoning.



Start the couscous

- In a medium saucepan, melt the butter over medium-high heat. Cook garlic until fragrant, 1 minute.
- Add the water (for the couscous) and chicken-style stock powder, then bring to the boil
- Add couscous and a drizzle of olive oil. Stir to combine, then cover with a lid.
- Remove from heat. Set aside until water is absorbed, 5 minutes.



Finish the couscous

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

Little cooks: Under adult supervision, help fluff up the couscous once the pan has cooled down. Be careful, it will still be hot!



Cook the pork

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

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



Serve up

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

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



