



# Mediterranean Pork & Roast Veggie Couscous

with Creamy Pesto & Almonds

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Tomato



Beetroot



Garlic



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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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)
<b>butter*</b>	2 tsp	1 tbs
<i>(for the dressing)</i>		
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon pepper seasoning	½ medium sachet	1 medium sachet
pork strips	1 small packet	1 large packet
<b>butter*</b>	20g	40g
<b>water*</b>		
<i>(for the couscous)</i>	¾ cups	1½ 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
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3112kJ (744Cal)	541kJ (129Cal)
Protein (g)	42.2g	7.3g
Fat, total (g)	34.8g	6.1g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	61.9g	10.8g
- sugars (g)	23.7g	4.1g
Sodium (mg)	1666mg	290mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3457kJ (826Cal)	671kJ (160Cal)
Protein (g)	28.8g	5.6g
Fat, total (g)	48.6g	9.4g
- saturated (g)	21.2g	4.1g
Carbohydrate (g)	65.2g	12.7g
- sugars (g)	25.7g	5g
Sodium (mg)	2261mg	439mg

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](https://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



## 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.



## Add the veggies

- Fluff up **couscous** with a fork.
- Gently stir in **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!



## 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!

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



## 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.



## Cook 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**.



## 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!

## Rate your recipe

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