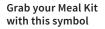


Mediterranean Pork & Roast Veggie Couscous

with Creamy Pesto & Almonds









Brown Onion













Lemon Pepper



Chicken-Style

Seasoning



Couscous



Flaked Almonds



Creamy Pesto Dressing



Pork Strips





Pantry items Olive Oil, Butter

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.

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

9. • • • • • • • • • • • • • • • • •			
	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	½ medium sachet	1 medium sachet	
pork strips	1 small packet	1 large packet	
butter*	20g	40g	
water* (for the couscous)	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

Energy (kJ)

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
Avg Qty Energy (kJ)	Per Serving 3457kJ (826Cal)	Per 100g 671kJ (160Cal)
Energy (kJ)	3457kJ (826Cal)	671kJ (160Cal)
Energy (kJ) Protein (g)	3457kJ (826Cal) 28.8g	671kJ (160Cal) 5.6g
Energy (kJ) Protein (g) Fat, total (g)	3457kJ (826Cal) 28.8g 48.6g	671kJ (160Cal) 5.6g 9.4g
Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	3457kJ (826Cal) 28.8g 48.6g 21.2g	671kJ (160Cal) 5.6g 9.4g 4.1g

Per Serving

3112kJ (744Cal)

The quantities provided above are averages only.

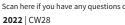
Allergens

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.

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

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
- 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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Per 100g

541kJ (129Cal)