



Mediterranean Pork Couscous Bowl

with Fetta Salsa & Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Garlic



Carrot



Baby Spinach Leaves



Cherry Tomatoes



Fetta Cubes



Chicken Stock



Couscous



Chermoula Spice Blend



Pork Strips



Greek-Style Yoghurt

Hands-on: 20-30 mins
 Ready in: 30-40 mins

Calorie Smart

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
vinegar* (white wine or rice wine)	3 tbs	6 tbs
garlic	1 clove	2 cloves
carrot	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
cherry tomatoes	1 punnet	2 punnets
fetta cubes	1 small packet	1 medium packet
butter*	20g	40g
water*	¾ cup	1½ cup
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
pork strips	1 medium packet	1 large packet
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2546kJ (608Cal)	502kJ (119Cal)
Protein (g)	42.2g	8.3g
Fat, total (g)	24.8g	4.9g
- saturated (g)	11.6g	2.3g
Carbohydrate (g)	50.4g	9.9g
- sugars (g)	15.4g	3g
Sodium (mg)	1814mg	358mg

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.



Get prepped

Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the pickling liquid. Add just enough water to cover the **onion**. Stir to coat and set aside until serving. Finely chop the **garlic**. Grate the **carrot** (see ingredients). Roughly chop the **baby spinach leaves**. Halve the **cherry tomatoes**.



Cook the pork

In a large bowl, combine the **chermoula spice blend** and some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people). Drizzle with **olive oil**, season with **pepper** and add the **pork strips**. Toss to coat. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork strips**, in batches, until browned and cooked through, **2-3 minutes**.



Make the salsa

In a small bowl, combine the **cherry tomatoes** and **fetta cubes**. Drizzle with a little **olive oil** and toss to combine. Season to taste.



Finish the couscous

Fluff the **couscous** up with a fork and stir through the **baby spinach**.



Cook the carrot couscous

Melt the **butter** with a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



Serve up

Drain the pickled onion. Divide the carrot couscous between bowls. Top with the chermoula pork and spoon over the remaining yoghurt and the salsa. Top with the pickled onion.

Enjoy!