



CHEAT'S MOROCCAN PORK TAGINE

with Mint Couscous & Toasted Almonds



Toast your almonds for maximum flavour!



Brown Onion



Carrot



Garlic



Mint



Slivered Almonds



Pork Mince



Tomato Paste



Chermoula Spice Blend



Mango Chutney



Chicken Stock



Couscous



Cherry Tomatoes

Hands-on: 25 mins
Ready in: 30 mins

Low calorie

Take a little bit of refreshing mint, add a little almondy crunch, a dash of mango chutney for sweetness and what have you got? Why, it's the perfect recipe for a delicious cheat's Moroccan pork tagine!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan** with a **lid**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Grate the **carrot** (unpeeled).



2 COOK THE PORK

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**.



3 SIMMER THE SAUCE

Add the **garlic**, **tomato paste**, **chermoula spice blend** (see ingredients list) and **mango chutney** to the pork mixture. Cook, stirring, until fragrant, **2 minutes**. Add the **water (for the sauce)**, **carrot** and crumble in the **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**. Stir, then reduce the heat to medium and simmer until thickened slightly, **10 minutes**. Season to taste with **salt** and **pepper**. **TIP:** Add an extra splash of water if the mixture is too thick!



4 COOK THE COUSCOUS

While the sauce is simmering, add the **water (for the couscous)** to a medium saucepan and crumble in the **remaining chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**. Bring to the boil, then 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 has absorbed, **5 minutes**. Fluff the couscous up with a fork and stir through **1/2** the **mint**.



5 DRESS THE TOMATOES

While the couscous is cooking, halve the **cherry tomatoes** and place in a medium bowl with the **remaining mint**, **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Stir to combine.



6 SERVE UP

Divide the mint couscous and cheat's Moroccan pork tagine between bowls and top with a spoonful of the dressed tomatoes. Sprinkle with the toasted almonds.
TIP: For the low-calorie option, serve without the slivered almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
carrot	1	2
slivered almonds	1 packet	2 packets
pork mince	1 packet	1 packet
tomato paste	1 sachet	2 sachets
chermoula spice blend	1½ sachets	3 sachets
mango chutney	1 tub (50 g)	1 tub (100 g)
water* (for the sauce)	½ cup	1 cup
chicken stock	1 cube	2 cubes
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	2 packets
cherry tomatoes	1 punnet	2 punnets
vinegar* (white wine or red wine)	1 tbs	2 tbs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	409kJ (98Cal)
Protein (g)	39.6g	7.1g
Fat, total (g)	12.4g	2.2g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	62.8g	11.2g
- sugars (g)	20.6g	3.7g
Sodium (g)	838mg	150mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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