



Cal Smart Moroccan Pork with Wholemeal Veggie Couscous

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Recipe Update

Unfortunately, some of this week's ingredients were in short supply. As such, what you receive may be slightly different to what is pictured. Don't worry, the recipe will still be delicious, just be sure to follow your recipe card!

Nutrition Per Serving: Energy 2126kJ (508Cal) | Protein 35.4g | Fat, total 19.9g - saturated 3g | Carbohydrate 43.2g - sugars 12.2g | Sodium 1352mg
The quantities provided above are averages only | **Calorie Smart**

We're here to help! Scan here
2023 | WK15 | AL



Get ready

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'll need

(along with the basics)

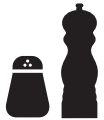


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Strips	1 small pkt	1 large pkt
Garlic Paste	1 medium pkt	2 medium pkts
Green Dressing	1 medium pkt	1 large pkt
Babaganoush	1 pkt	2 pkts

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.

1. Chop



Cucumber



Baby Spinach Leaves



Parsley



Snacking Tomatoes



Wholemeal Couscous



Chicken-Style Stock Powder

2. Sizzle



Pork Strips



Ras El Hanout



Garlic Paste

- Boil the kettle. Roughly chop **cucumber, spinach** and **parsley**. Halve **tomatoes**
- In a medium bowl, add **couscous** and **chicken stock**
- Add **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P) and stir to combine. Immediately cover with a plate and leave for **5 mins**
- Fluff up with fork. Set aside

- In a frying pan, heat a drizzle of **oil** over high heat
- Cook **pork, ras el hanout, garlic paste** and **honey** (1/2 tsp for 2P / 1 tsp for 4P), tossing, until browned, **2 mins**. Season

3. Toss



Green Dressing



Babaganoush

- To the bowl with **couscous**, add **spinach, parsley, tomato, cucumber, green dressing** and a drizzle of **oil**. Toss and season
- Divide veggie couscous and pork between bowls
- Top with **babaganoush**



Rate your recipe

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