



Moroccan-Spiced Pork & Carrot-Cauli Rice

with Garlic Yoghurt & Roasted Almonds

Grab your Meal Kit with this symbol



Red Onion



Carrot



Roasted Almonds



Garlic



Ras El Hanout



Baby Spinach Leaves



Chicken-Style Stock Powder



Greek-Style Yoghurt

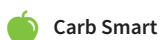


Pork Strips



Cauliflower Rice

Prep in: **20-30 mins**
Ready in: **25-35 mins**



It's easy to bump up the flavour of juicy pork strips when you have our ras el hanout spice blend handy; boasting a distinctive mix of sweet and earthy spices, it works wonders with a bit of butter and honey in the pan. Serve the pork over a fluffy veggie rice to keep the carbs in check, and bring it all together with a dollop of the yoghurt for creaminess and tang, plus a sprinkle of roasted almonds for some nuttiness and crunch.

Pantry items

Olive Oil, Butter, Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
roasted almonds	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
pork strips	1 small packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
butter*	20g	40g
honey*	½ tbs	1 tbs
cauliflower rice	1 packet (250g)	1 packet (500g)
baby spinach leaves	1 small bag	1 medium bag
chicken-style stock powder	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2313kJ (553Cal)	422kJ (101Cal)
Protein (g)	41.4g	7.6g
Fat, total (g)	30.8g	5.6g
- saturated (g)	10.4g	1.9g
Carbohydrate (g)	25.9g	4.7g
- sugars (g)	22.2g	4.1g
Sodium (mg)	1199mg	219mg
Dietary Fibre (g)	13.1g	2.4g

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 **red onion**. Grate **carrot**. Roughly chop **roasted almonds**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer to a small heatproof bowl. Add **Greek-style yoghurt** and stir to combine. Season with **salt** and **pepper** to taste.



Cook the carrot-cauli rice

- While the pork is resting, return frying pan to high heat with a drizzle of **olive oil**. Cook **cauliflower rice** and **carrot** until softened, **3-4 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat. Add **baby spinach leaves** and **chicken-style stock powder**. Season. Toss to combine.



Cook the pork & onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, tossing, until just tender, **3-4 minutes**. Transfer to a medium bowl.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips**, in batches, until golden, **2-3 minutes**.
- Reduce heat to medium-high. Return all **pork** and **onion** to pan. Add **ras el hanout**, the **butter** and the **honey** and cook until fragrant, **1 minute**. Transfer back to the medium bowl. Season, then cover to keep warm.

TIP: Cooking the pork in batches over high heat helps it stay tender!



Serve up

- Divide carrot-cauliflower rice between bowls. Top with Moroccan-spiced pork (plus any resting juices!).
- Top with garlic yoghurt and chopped almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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