HELLO FRESH

Quick Herby Pork & Garilc Fetta-Yoghurt
with Wholemeal Couscous & Semi-Dried Tomato Salad

NEW   **DIETITIAN APPROVED**

Wholemeal Couscous

Baby Spinach Leaves

Celery

Italian Herbs

Garlic Paste

Semi-Dried Tomatoes

Fetta Cubes

Greek-Style Yoghurt

Pork Strips

Caramelised Onion Chutney

Haloumi

Pantry items

Olive Oil, Balsamic Vinegar

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

🍏 Calorie Smart

You won't believe the flavour we've packed into this nutritionally balanced meal. The herby pork strips are glazed in a sticky caramelised onion sauce, which the fluffy wholemeal couscous happily soaks up.

CUSTOM RECIPE   **If you chose to swap, upgrade or add protein, follow the custom recipe steps.**

R4

You will need
Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
garlic paste	1 packet	2 packets
*boiling water**	¾ cup	1 ½ cups
wholemeal couscous	1 packet	2 packets
semi-dried tomatoes	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
celery	1 medium packet	1 large packet
fetta cubes	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
pork strips	1 small packet	1 large packet
caramelised onion chutney	1 packet (40g)	2 packets (80g)
Italian herbs	½ sachet	1 sachet
*balsamic vinegar**	drizzle	drizzle
haloumi**	1 packet	2 packets

***Pantry Items** ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2199kJ (526Cal)	632kJ (151Cal)
Protein (g)	42.9g	12.3g
Fat, total (g)	19.1g	5.5g
- saturated (g)	5.9g	1.7g
Carbohydrate (g)	41.5g	11.9g
- sugars (g)	12.6g	3.6g
Sodium (mg)	977mg	281mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2587kJ (618Cal)	898kJ (215Cal)
Protein (g)	29.5g	10.2g
Fat, total (g)	35.3g	12.2g
- saturated (g)	17.9g	6.2g
Carbohydrate (g)	42.5g	14.7g
- sugars (g)	13.6g	4.7g
Sodium (mg)	1521mg	528mg

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
2022 | CW43

1

Cook the wholemeal couscous

• Boil the kettle. Heat a medium saucepan over medium-high heat with a drizzle of **olive oil** .
• Cook 1/2 the **garlic paste** until fragrant, **1 minute**. Add the **boiling water** and a good pinch of **salt**.
• Add **wholemeal couscous**. Stir to combine, cover with a lid and remove from heat.
• Set aside until all the water is absorbed, **6 minutes**. Fluff up with fork and set aside uncovered.

2

Get prepped

• Meanwhile, roughly chop **semi-dried tomatoes** and **baby spinach leaves**. Finely chop **celery**.
• In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
• Cook remaining **garlic paste** until fragrant, **1 minute**. Transfer to a small bowl. Crumble in **fetta cubes** and mash to combine. Stir in **Greek-style yoghurt** until combined.

Custom Recipe: Meanwhile, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

3

Cook the pork

• Return frying pan to high heat with a drizzle of **olive oil**.
• Cook **pork strips**, in batches, until golden, **2-3 minutes**. Remove from heat.
• Add **caramelised onion chutney**, **Italian herbs** (see ingredients) and a splash of water. Return all pork to pan, tossing to coat. Season to taste.

Custom Recipe: Drain haloumi and pat dry. Return frying pan, to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side. Continue with step as above.

4

Serve up

• To the couscous, add semi-dried tomatoes, spinach, celery and a drizzle of olive oil and **balsamic vinegar**.
• Toss to combine and season to taste.
• Divide wholemeal couscous salad between bowls.
• Top with herby pork & caramelised onion chutney and garlic-fetta yoghurt to serve. Enjoy!

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