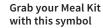
Quick Tomato-Harissa Pork with Nutty Couscous, Salad & Herby Mayo











Stock Powder



Flaked Almonds







Spring Onion

Carrot



Pork Strips



Harissa Paste



Ras El



Hanout





Tomato Paste

Dill & Parsley Mayonnaise



Pair juicy pork strips with Moroccan-inspired flavours and an almond-adorned couscous for a crowd-pleasing dinner you'll want to whip up on the regular!



Calorie Smart

Hands-on: 10-20 mins

Ready in: 15-25 mins



Pantry items

Olive Oil, White Wine Vinegar, Honey, 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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	³⁄₄ cup	1 ½ cups
flaked almonds	1 medium packet	1 large packet
tomato	1	2
carrot	1	2
spring onion	2 stems	4 stems
white wine	drizzle	drizzle
vinegar*		
pork strips	1 small packet	1 large packet
	1 small packet 1 medium packet	1 large packet 1 large packet
pork strips		0 1
pork strips harissa paste	1 medium packet	1 large packet
pork strips harissa paste ras el hanout	1 medium packet 1 sachet	1 large packet 2 sachets
pork strips harissa paste ras el hanout honey*	1 medium packet 1 sachet ½ tbs	1 large packet 2 sachets 1 tbs
pork strips harissa paste ras el hanout honey* tomato paste	1 medium packet 1 sachet ½ tbs ½ packet	1 large packet 2 sachets 1 tbs 1 packet
pork strips harissa paste ras el hanout honey* tomato paste butter* dill & parsley	1 medium packet 1 sachet ½ tbs ½ packet 20g 1 packet	1 large packet 2 sachets 1 tbs 1 packet 40g 1 packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2542kJ (608Cal)	602kJ (144Cal)
Protein (g)	38.7g	9.2g
Fat, total (g)	27.5g	6.5g
- saturated (g)	4g	0.9g
Carbohydrate (g)	50.1g	11.9g
- sugars (g)	12.8g	11.9g
Sodium (mg)	1395mg	330mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	2518kJ (601Cal)	642kJ (153Cal)
Protein (g)	44.1g	11.2g
Fat, total (g)	24.7g	6.3g
- saturated (g)	2.9g	0.7g
Carbohydrate (g)	49.1g	12.5g
- sugars (g)	12.5g	3.2g
Sodium (mg)	909mg	232mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW04



Cook the couscous

- · Boil the kettle.
- Place couscous and chicken-style stock powder in a medium bowl. Add the boiling water (3/4 cup for 2 people / 1 ½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for 5 minutes.
- Fluff up with a fork. Stir through **flaked almonds** and set aside.



Cook the pork

- In a large frying pan, heat a drizzle of olive oil over a high heat. Cook pork strips, in batches, until golden, 2-3 minutes.
- Meanwhile, combine harissa paste, ras el hanout, honey and tomato paste (see ingredients) in a small bowl.
- Return all pork to pan, then add tomato-harissa sauce mixture and butter. Add a splash of water if needed, then cook until fragrant and heated through, 1 minute.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

CUSTOM RECIPE

If you've swapped to beef strips, prepare pan as above. When oil is hot, cook beef, in batches, until brown and cooked through, 1-2 minutes. Continue as above.



Make the salad

- While couscous is cooking, roughly chop tomato. Grate carrot. Thinly slice spring onion.
- Transfer prepped veggies to a medium bowl. Drizzle with white wine vinegar and olive oil.
- · Toss to combine and season to taste.



Serve up

- Divide tomato-harissa pork, nutty couscous and salad between bowls.
- · Serve with dill & parsley mayonnaise.

Enjoy!

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