



Quick Tomato-Harissa Pork

with Nutty Couscous, Salad & Herby Mayo

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Flaked Almonds



Tomato



Carrot



Spring Onion



Pork Strips



Harissa Paste



Ras El Hanout



Tomato Paste



Dill & Parsley Mayonnaise



Beef Strips

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **10-20 mins**
Ready in: **15-25 mins**

Calorie Smart

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!



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

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 veggies a wash.

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*	¾ 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 vinegar*	drizzle	drizzle
pork strips	1 small packet	1 large packet
harissa paste	1 medium packet	1 large packet
ras el hanout	1 sachet	2 sachets
honey*	½ tbs	1 tbs
tomato paste	½ packet	1 packet
butter*	20g	40g
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
beef strips**	1 small packet	1 medium 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

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1



Cook the couscous

- Boil the kettle.
- Place **couscous** and **chicken-style stock powder** in a medium bowl. Add the **boiling water** (¾ 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.

3



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.

2



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.

4



Serve up

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

Enjoy!

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