



# Pomegranate Pork Steak & Israeli Couscous

with Roasted Veggies & Garlic Yoghurt

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Chermoula Spice Blend



Garlic



Garlic & Herb Seasoning



Pork Loin Steaks



Greek-Style Yoghurt



Israeli Couscous



Chicken-Style Stock Powder



Pomegranate Molasses



Parsley



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins



Calorie Smart



Eat Me Early\*

\*Custom Recipe only

Looking for a tasty midweek dinner option? This pomegranate-glazed pork is sure to pull through for you on hump day with a burst of fruitiness to balance out a tender cut of pork. Make it extra nourishing with a bed of Israeli couscous to have you galloping into the weekend.

**CUSTOM RECIPE**

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

## Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
chermoula spice blend	½ sachet	1 sachet
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
pomegranate molasses	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	460kJ (110Cal)
Protein (g)	48.4g	9.6g
Fat, total (g)	7.6g	1.5g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	72.4g	14.4g
- sugars (g)	27.1g	5.4g
Sodium (mg)	1335mg	266mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2367kJ (566Cal)	462kJ (110Cal)
Protein (g)	45.4g	8.9g
Fat, total (g)	10.7g	2.1g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	72.4g	14.1g
- sugars (g)	27.1g	5.3g
Sodium (mg)	1360mg	266mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



1



## Roast the veggies

- Preheat oven to **240°C/220°C** fan-forced. Boil the kettle.
- Cut **carrot** and **parsnip** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **chermoula spice blend (see ingredients)**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Cook the pork

- Meanwhile, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from the heat, then add **pomegranate molasses** and a splash of **water**. Turn **pork** to coat.

**Custom Recipe:** Heat the pan and oil in the same way as above. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.

2



## Get prepped

- Meanwhile, finely chop **garlic**.
- In a medium bowl, combine **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour chicken in the same way as above.

5



## Bring it all together

- To the **couscous**, add **roasted veggies**, a drizzle of **vinegar** and a pinch of **pepper** and stir to combine.

3



## Cook the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**.
- Drain and return **couscous** to the pan with a drizzle of **olive oil** and **chicken-style stock powder**.

6



## Serve up

- Slice pomegranate pork.
- Divide Israeli couscous between bowls.
- Top with pork and any remaining glaze from the pan.
- Dollop over garlic yoghurt and tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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