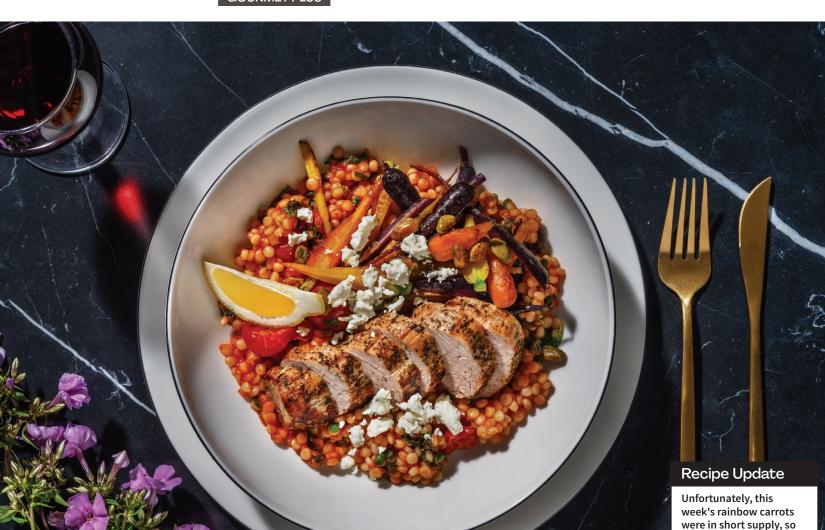
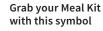


Mediterranean Pork Tenderloin

with Tomato Israeli Couscous, Honey Parsnip & Goat Cheese

GOURMET PLUS







Seasoning





Parsnip





Israeli Couscous



Chicken-Style

Stock Powder

Tinned Cherry Tomatoes

Pistachios













Lemon



Baby Spinach Leaves



we've replaced them with parsnip. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!



Pantry items

Olive Oil, Honey, Butter, Brown Sugar

Prep in: 25-35 mins Ready in: 35-45 mins

It's another day in paradise when an exquisite dish of seasoned pork tenderloin on top of an Israeli couscous is set before you. This bowl will spirit you away to warm beaches and tranquil waters when you taste the creamy goat cheese sprinkled over and marvel at how well it goes with the roasted parsnip and pork. Enjoy the trip!

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

Large frying pan \cdot Two oven trays lined with baking paper \cdot Large saucepan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
garlic & herb seasoning	1 sachet	1 sachet
tenderised pork fillet	1 packet	2 packets
parsnip	1	2
honey*	½ tbs	1 tbs
pistachios	1 packet	2 packets
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
tinned cherry tomatoes	1 tin	2 tins
parsley	1 bag	1 bag
mint	1 bag	1 bag
lemon	1/2	1
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
goat cheese	½ packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3065kJ (733Cal)	473kJ (113Cal)
Protein (g)	44g	6.8g
Fat, total (g)	30.1g	4.6g
- saturated (g)	12.7g	2g
Carbohydrate (g)	63.5g	9.8g
- sugars (g)	26.7g	4.1g
Sodium (mg)	1870mg	289mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Chardonnay or Riesling





Roast the pork

- Preheat oven to 220°C/200°C fan-forced.
- In a medium bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add tenderised pork fillet and turn to coat.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork, turning, until browned all over, 4 minutes.
- Transfer pork to a lined oven tray, then roast for 15-16 minutes for medium, or until cooked to your liking.
- Cover with foil and set aside to rest for 10 minutes.



Roast the parsnip & nuts

- While the pork is roasting, halve parsnip lengthways. Place parsnip on a second lined oven tray. Drizzle with olive oil and the honey, season with salt and toss to coat.
- Roast until golden and tender, 20-25 minutes.
- When parsnip has 5 minutes remaining, remove tray from oven and sprinkle over pistachios.
 Return tray to the oven and toast until golden.



Cook the couscous

- While the parsnip is roasting, boil the kettle.
- 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 the saucepan with boiling water, then bring to the boil and simmer, uncovered, until tender, 10-12 minutes.
- Drain and return couscous to the saucepan.
 Stir through chicken-style stock powder and a drizzle of olive oil. Set aside.



Prep the tomato mixture

 Finely chop garlic. Drain tinned cherry tomatoes. Roughly chop parsley and mint.
 Zest lemon to get a pinch, then slice into wedges.

TIP: Reserve and refrigerate the passata from the cherry tomatoes to use in another meal!



Make the tomato mixture

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook cherry tomatoes, stirring occasionally, until blistered, 4-5 minutes.
- Add garlic, the butter and brown sugar and cook until fragrant, 1 minute.
- Transfer tomato mixture to the pan with couscous.
- Add baby spinach leaves, mint, parsley, lemon zest and a good squeeze of lemon juice to the couscous. Stir to combine and season to taste.



Serve up

- Slice Mediterranean pork tenderloin.
- · Divide tomato Israeli couscous between bowls.
- Top with pork, honey-roasted parsnip and toasted pistachios.
- Crumble over goat cheese (see ingredients).
 Serve with any remaining lemon wedges. Enjoy!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

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