



Mediterranean Pork Tenderloin

with Tomato Israeli Couscous, Honey Parsnip & Goat Cheese

GOURMET PLUS

Grab your Meal Kit with this symbol



Garlic & Herb Seasoning



Tenderised Pork Fillet



Parsnip



Pistachios



Israeli Couscous



Chicken-Style Stock Powder



Garlic



Tinned Cherry Tomatoes



Parsley



Mint



Lemon



Baby Spinach Leaves



Goat Cheese



Recipe Update

Unfortunately, this week's rainbow carrots were in short supply, so we've replaced them with parsnip. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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!

Pantry items

Olive Oil, Honey, Butter, Brown Sugar

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 · Two oven trays lined with baking paper · Large saucepan

Ingredients

	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	½	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

We're here to help!

Scan here if you have any questions or concerns

2023 | CW37



1



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**.

4



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!

2



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.

5



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.

3



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.

6



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!

Rate your recipe

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