



Spiced Pork & Broccoli Couscous Bowl

with Mayonnaise

NEW

Grab your Meal Kit with this symbol



Broccoli Florets



Lemon



Chermoula Spice Blend



Pork Loin Steaks



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Mayonnaise



Peeled Prawns

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

We are ready to kick off our chermoula pork dinner with a glowing green bowl of couscous. How do we get that scrumptious glow you may ask - by adding broccoli and baby spinach to the mix. Perfect for injecting colour, freshness and flavour into your night.

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

Pantry items

Olive Oil, Honey

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli florets	1 bag (200g)	1 bag (400g)
lemon	½	1
chermoula spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 packet	1 packet
couscous	1 packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
honey*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2302kJ (550Cal)	616kJ (147Cal)
Protein (g)	47.2g	12.6g
Fat, total (g)	19.7g	5.3g
- saturated (g)	3.3g	0.9g
Carbohydrate (g)	41g	11g
- sugars (g)	5.5g	1.5g
Sodium (mg)	1136mg	304mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1955kJ (467Cal)	604kJ (144Cal)
Protein (g)	25.4g	7.9g
Fat, total (g)	17.6g	5.4g
- saturated (g)	2.7g	0.8g
Carbohydrate (g)	41g	12.7g
- sugars (g)	5.5g	1.7g
Sodium (mg)	1715mg	530mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped & make the couscous

- Boil the kettle. Cut any larger **broccoli florets** in half. Slice **lemon** into wedges.
- In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- Place **couscous** and **chicken-style stock powder** in a large heatproof bowl. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

Custom Recipe: If you've upgraded to peeled prawns, flavour prawns in the same way as pork loin steaks.

3



Prep the broccoli

- Meanwhile, add **broccoli** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **broccoli** on high until just tender, **2-4 minutes**.
- Drain **broccoli**, then return to the bowl and cover to keep warm. Season with **salt** and **pepper**.

2



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove from heat, then add the **honey** and turn **pork** to coat.

Custom Recipe: Heat the frying pan and oil in the same way as above. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes. Remove from heat, add the honey and turn prawns to coat.

4



Serve up

- To the bowl with the couscous, add broccoli, **baby spinach leaves**, a generous squeeze of lemon juice and a drizzle of olive oil. Toss to combine, then season to taste.
- Slice pork steak.
- Divide broccoli couscous between bowls. Top with pork.
- Dollop over **mayonnaise**. Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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