



Mediterranean Grilled Pork

with Charred Asparagus Couscous & Herby Mayo

GOOD TO BBQ

NEW

Grab your meal kit with this number

20



Asparagus



Onion



Couscous



Chicken-Style Stock Powder



Pork Loin Steaks



Classic Roast Seasoning



Baby Leaves



Dill & Parsley Mayonnaise



Pork Loin Steak



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Protein Rich

Calorie Smart

Bring the Mediterranean to your next barbecue with this mouthwatering meal. Tender pork is seasoned to perfection and grilled over the flame for ultimate flavour. Charred asparagus tossed into fluffy couscous and a drizzle of herby mayo adds freshness and creaminess, rounding out a dish that's bursting with summer vibes.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
asparagus	1 bunch	2 bunches
onion	½	1
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
honey*	1 tsp	2 tsp
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	523kJ (125Cal)
Protein (g)	46.5g	9.9g
Fat, total (g)	22.1g	4.7g
- saturated (g)	2.9g	0.6g
Carbohydrate (g)	48.8g	10.4g
- sugars (g)	4.4g	0.9g
Sodium (mg)	1167mg	248mg
Dietary Fibre (g)	10.8g	2.3g

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.



Get prepped

- Preheat BBQ to high heat. Boil the kettle.
- Trim ends of **asparagus**.
- In a medium bowl, combine **asparagus**, a drizzle of **olive oil** and a pinch of **salt and pepper**.
- Thinly slice **onion** (see ingredients).
- In a second medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt and pepper**.



Barbeque the asparagus

- Grill **onion** on BBQ, tossing occasionally, until tender and slightly charred, **4-5 minutes**.
- Add **asparagus** and cook, turning occasionally, until tender, **5-6 minutes**.

No BBQ? Return frying pan to high heat with a drizzle of olive oil. Cook onion, tossing occasionally, until tender and lightly charred, 4-5 minutes. Transfer to a bowl to keep warm. Wipe out and return frying pan to medium-high heat with a drizzle of olive oil. Cook asparagus until tender, 5-6 minutes.



Start the couscous

- In a third medium bowl, add **couscous** and **chicken-style stock powder**.
- 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.



Finish the couscous

- To the bowl with the couscous, add **asparagus**, **onion**, **baby leaves** and a drizzle of **vinegar** and **olive oil**. Toss to combine and season to taste.



Barbeque the pork

- In a large bowl, combine **pork loin steaks**, **classic roast seasoning** and a drizzle of **olive oil**.
- When BBQ is hot, grill **pork loin steaks** until charred and cooked through, **3-4 minutes** each side. Transfer to a plate, cover and rest for **5 minutes**.

No BBQ? Heat a large frying pan over 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). Transfer to a plate, cover and rest for 5 minutes.



Serve up

- To the pork, add the **honey** and turn to coat.
- Thinly slice pork.
- Divide charred asparagus couscous between bowls. Top with Mediterranean grilled pork.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAKS

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

