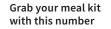


Mediterranean Grilled Pork

with Charred Asparagus Couscous & Herby Mayo

GOOD TO BBQ











Asparagus



Couscous

Chicken-Style Stock Powder



Pork Loin



Classic Roast

Seasoning

Steaks



Baby Leaves

Dill & Parsley Mayonnaise





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

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

g. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
asparagus	1 bunch	2 bunches	
onion	1/2	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	
classic roast seasoning baby leaves vinegar* (white wine or balsamic) honey* dill & parsley	1 medium sachet 1 small packet drizzle 1 tsp	OR 1 large packet 1 large sachet 1 medium packet drizzle 2 tsp	

^{*}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.



Start the couscous

- In a third medium bowl, add couscous and chicken-style stock powder.
- Add the **boiling water** (3/4 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.



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.



Barbeque the asparagus

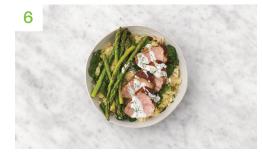
- · Grill onion on BBQ, tossing occasionally, until tender and slightly charred, 4-5 minutes.
- Add asparagus and cook, turning occasionally, until tender, 5-6 minutes.

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.



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.



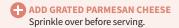
Serve up

- 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!









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

