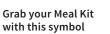


# Dinner - Chermoula Pork & Carrot Couscous Lunch - Pork & Pumpkin Salad with Yoghurt Dressing

with this symbol

























Tomato





Cucumber

Chicken-Style Stock Powder



Couscous

Chermoula Spice





Flaked Almonds

Peeled Pumpkin Pieces





Yoghurt

Pork Loin Steaks

### For your lunch





Salad Leaves

Currants

**Pantry items** Olive Oil, Butter

DINNER Prep in: 35-45 mins Ready in: 40-50 mins

Ready in: 10 mins

Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for tomorrow's lunch. Start off dinner with a chermoula spiced pork on a bed of fluffy couscous that can be transformed into a refreshing salad with roasted pumpkin.

Before you start Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

### Ingredients

0.D.   4.D.			
	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1 (medium)	1 (medium)	
peeled pumpkin pieces	1 packet (200g)	1 packet (200g)	
carrot	1	2	
garlic	1 clove	2 cloves	
lemon	1/2	1	
tomato	2	3	
cucumber	1 (medium)	1 (large)	
herbs	1 bag	1 bag	
butter*	20g	40g	
water*	¾ cup	1½ cups	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
couscous	1 packet	2 packets	
chermoula spice blend	1 sachet	3 sachets	
Greek-style yoghurt	1 large packet	1 medium packet & 1 large packet	
pork loin steaks	1 large packet	1 small packet & 1 large packet	
flaked almonds	1 packet	2 packets	
salad leaves	1 medium bag	1 medium bag	
currants	1 packet	1 packet	

### \*Pantry Items

### **Nutrition**

Dinner		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2420kJ (577Cal)	476kJ (114Cal)
Protein (g)	48.9g	9.7g
Fat, total (g)	16.2g	3.2g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	54.1g	10.7g
- sugars (g)	14.3g	2.8g
Sodium (g)	959mg	189mg
Lunch		
Lunch Avg Qty	Per Serving	Per 100g
	Per Serving 1960kJ (467Cal)	
Avg Qty		
Avg Qty Energy (kJ)	1960kJ (467Cal)	448kJ (107Cal)
Avg Qty Energy (kJ) Protein (g)	1960kJ (467Cal) 48.5g	448kJ (107Cal) 11.1g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	1960kJ (467Cal) 48.5g 18.6g	448kJ (107Cal) 11.1g 4.3g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	1960kJ (467Cal) 48.5g 18.6g 3.1g	448kJ (107Cal) 11.1g 4.3g 0.7g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g) Carbohydrate (g)	1960kJ (467Cal) 48.5g 18.6g 3.1g 21.8g	448kJ (107Cal) 11.1g 4.3g 0.7g 5.0g

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

2022 | CW33



## Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- · Cut onion into thick wedges.
- · Place peeled pumpkin pieces and onion on a lined oven tray. Drizzle with **olive oil** and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



### Get prepped

- Meanwhile, grate carrot. Finely chop garlic. Zest **lemon** to get a good pinch, then cut into wedges. Roughly chop tomato and cucumber. Pick and roughly chop herbs.
- In a medium bowl, add tomato (reserve 2 portions for lunch!), **cucumber**, a generous squeeze of lemon juice, a pinch of salt and pepper and a drizzle of olive oil. Toss to combine.



### Cook the couscous

- In a medium saucepan, heat the butter and a drizzle of **olive oil** over medium-high heat. Cook carrot and garlic, stirring, until just softened and fragrant, 1-2 minutes.
- Add the water and chicken-style stock powder and bring to the boil.
- Add couscous and stir to combine. Cover with a lid and remove from heat. Set aside until the water is absorbed. 5 minutes. Fluff with a fork.



## Cook the pork

- While the couscous is cooking, combine chermoula spice blend, 1/2 the Greek-style yoghurt, a generous drizzle of olive oil and a pinch of salt and pepper in a second medium bowl. Add **pork loin steaks** and toss to coat.
- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- Return the frying pan to high heat with a drizzle of olive oil. Cook pork in batches, tossing, until golden and cooked through, 2-3 minutes.



### Serve up dinner

- While the pork is cooking, combine the remaining Greek-style yoghurt and the lemon zest in a second small bowl. Season to taste.
- Slice chermoula pork into strips. Divide carrot couscous and salsa between plates. Top with **pork** (reserve 2 portions for lunch!).
- Sprinkle over 1/2 the toasted almonds. Serve with lemon yoghurt, herbs and remaining **lemon** wedges (reserve 2 portions of yoghurt, herbs and lemon wedges for lunch!).



### Make lunch

- When you're ready to pack lunch, add a drizzle of olive oil to the reserved lemon yoghurt, stir to combine then divide between two reusable containers.
- · Divide roasted veggies, salad leaves and currants between the two containers. Top with reserved tomato, chermoula pork strips, herbs and lemon wedges. Refrigerate.
- At lunch, remove lemon wedges and toss well to combine. Season to taste. Sprinkle over remaining toasted almonds and serve with lemon wedges. Enjoy!



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