

Dinner - Chermoula Pork & Carrot Couscous

Lunch - Pork & Pumpkin Salad with Yoghurt Dressing

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Lemon



Tomato



Cucumber



Herbs



Chicken-Style Stock Powder



Couscous



Chermoula Spice Blend



Flaked Almonds



Peeled Pumpkin Pieces



Greek-Style Yoghurt



Pork Loin Steaks

For your lunch



Salad Leaves



Currants

 **Recipe Update**
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

LUNCH
 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.

Pantry items
 Olive Oil, Butter

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

	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	½	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	Avg Qty	Per Serving	Per 100g
Energy (kJ)		1960kJ (467Cal)	448kJ (107Cal)
Protein (g)		48.5g	11.1g
Fat, total (g)		18.6g	4.3g
- saturated (g)		3.1g	0.7g
Carbohydrate (g)		21.8g	5.0g
- sugars (g)		16.4g	3.8g
Sodium (mg)		451mg	104mg

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



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**.



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**.



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.



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!).



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.



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!

Rate your recipe

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