

Moroccan Honey Pork & Garlic Rice Bowl

with Dill-Parsley Yoghurt & Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cucumber



Tomato



Mint



Baby Spinach Leaves



Pork Loin Steaks



Ras El Hanout



Flaked Almonds



Dill & Parsley Mayonnaise



Yoghurt

 Hands-on: 25-35 mins
Ready in: 30-40 mins

This meal is all about the little differences – the ras el hanout spicing up the pork, the flavourful garlic rice flecked with cucumber salsa and the dill-parsley yoghurt drizzle that will become your new favourite accompaniment.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Red Wine), Honey

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	1 (medium)	1 (large)
tomato	1	2
mint	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
pork loin steaks	1 packet	1 packet
ras el hanout	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
vinegar* (white wine or red wine)	½ tsp	1 tsp
honey*	1 tsp	2 tsp
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3250kJ (776Cal)	665kJ (159Cal)
Protein (g)	47.7g	9.8g
Fat, total (g)	32.4g	6.6g
- saturated (g)	9.5g	1.9g
Carbohydrate (g)	71.3g	14.6g
- sugars (g)	10.3g	2.1g
Sodium (mg)	469mg	96mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add **1/2** the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork**, tossing, until lightly charred and cooked through, **3-4 minutes**. Remove from the heat, then stir through the **honey**.

TIP: If your pan is getting crowded, cook the pork in batches for the best results.



Get prepped

While the rice is cooking, finely chop the **cucumber**. Roughly chop the **tomato**. Pick the **mint** leaves and finely chop. Roughly chop the **baby spinach leaves**. Cut the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **ras el hanout**, a drizzle of **olive oil** and the remaining **garlic**. Season with **salt** and **pepper**. Add the **pork** and toss until well coated.



Bring it all together

While the pork is cooking, combine the **dill & parsley mayonnaise** and **yoghurt** in a small bowl. Season with **salt** and set aside. Add the **baby spinach** to the **garlic rice**, season to taste and stir until wilted slightly.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. In a second medium bowl, combine the **vinegar** and a drizzle of **olive oil**. Add the **cucumber**, **tomato** and **mint**. Toss to combine and season to taste. Set aside.



Serve up

Divide the garlic rice between bowls. Top with the Moroccan honey pork. Drizzle with the dill-parsley yoghurt. Garnish with the toasted almonds and serve with the cucumber salsa.

Enjoy!