



# Honey-Chermoula Pork & Israeli Couscous

with Roasted Veggies & Garlic Aioli

NEW

Grab your Meal Kit with this symbol



Carrot



Parsnip



Garlic



Roasted Hazelnuts



Chermoula Spice Blend



Pork Loin Steaks



Israeli Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Garlic Aioli



Chicken Breast

### Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

An Israeli couscous must be the belle of the ball, decked out in roasted veggies that dazzle with their vibrant colours and tasty flavours. The crowning jewel though has to be the sweet, honey-glazed chermoula pork. We can't keep our eyes or forks off it!

### Pantry items

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

## Before you start

Wash your hands and any fresh food

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

## You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
garlic	2 cloves	4 cloves
roasted hazelnuts	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2821kJ (674Cal)	657kJ (157Cal)
Protein (g)	46.3g	10.8g
Fat, total (g)	31.8g	7.4g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	51g	11.9g
- sugars (g)	11g	2.6g
Sodium (mg)	1308mg	305mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2882kJ (689Cal)	656kJ (157Cal)
Protein (g)	43.3g	9.9g
Fat, total (g)	34.9g	7.9g
- saturated (g)	4.3g	1g
Carbohydrate (g)	51g	11.6g
- sugars (g)	11g	2.5g
Sodium (mg)	1333mg	304mg

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](https://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

2023 | CW14



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly and roast until tender, **20-25 minutes**.

4



## Cook the pork

- While the couscous is cooking, 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).
- Remove pan from heat, then add the **honey** and turn **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.

2



## Get prepped

- Meanwhile, boil the kettle. Finely chop **garlic**. Roughly chop **roasted hazelnuts**.
- In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Add **pork loin steaks**, season with **salt** and toss to coat. Set aside.

**Custom Recipe:** If you've swapped from pork loin steaks to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour chicken as above.

5



## Finish the couscous

- To the **couscous**, add the **roasted veggies** and **baby spinach leaves**, along with a drizzle of **vinegar** and **olive oil**.
- Toss gently to combine and season to taste.

3



## Cook the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**.
- Half-fill saucepan with boiling water, then add a pinch of **salt**. Bring to the boil and simmer, uncovered, until tender, **10-12 minutes**. Drain and set aside.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until tender, **2-3 minutes**.
- Return **couscous** to the pan, then add **chicken-style stock powder** and stir to combine.

6



## Serve up

- Slice pork steaks.
- Divide roast veggie Israeli couscous between plates.
- Top with honey-chermoula pork and **garlic aioli**.
- Garnish with hazelnuts to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)