



# Mediterranean Pork Couscous Bowl

with Roast Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Tomato



White Turnip



Carrot



Red Onion



Garlic



Dill & Parsley Mayonnaise



Pork Loin Steaks



Garlic & Herb Seasoning



Lemon Pepper Spice Blend



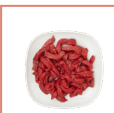
Chicken-Style Stock Powder



Couscous



Flaked Almonds



Beef Strips

Hands-on: 20-30 mins  
Ready in: 35-45 mins

This meal is all about the little differences – the mix of herbs spicing up the pork, the flavourful couscous loaded with roasted veggies and the dill-parsley mayo drizzle that will become your new favourite collaboration



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

### 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
tomato	1	2
white turnip	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	½ tbs	1 tbs
pork loin steaks	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
lemon pepper spice blend	1 sachet	1 sachet
butter*	20g	40g
water* (for the couscous)	¾ cups	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
beef strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (728Cal)	597kJ (143Cal)
Protein (g)	45.6g	8.9g
Fat, total (g)	35.8g	7g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	55.6g	10.9g
- sugars (g)	13.1g	2.6g
Sodium (mg)	1375mg	270mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3112kJ (744Cal)	642kJ (153Cal)
Protein (g)	40.2g	8.3g
Fat, total (g)	40.1g	8.3g
- saturated (g)	10.7g	2.2g
Carbohydrate (g)	55.6g	11.5g
- sugars (g)	13.1g	2.7g
Sodium (mg)	1350mg	278mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **tomato** into thick wedges. Cut the **white turnip** into bite-sized chunks. Cut the **carrot** into thick half-moons. Slice the **red onion** into wedges. Place the **tomato, turnip, carrot** 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**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the pork

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork strips**, in batches, tossing, until golden, **2-3 minutes**. Set aside.

### CUSTOM RECIPE

Heat the pan as above. Cook the beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **dill & parsley mayonnaise** and **water (for the mayo)**. Set aside. Slice the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **garlic & herb seasoning, lemon pepper spice blend** and a drizzle of **olive oil**. Add the **pork** and toss to coat.

### CUSTOM RECIPE

If you've swapped your pork loin for beef strips, add the beef to the garlic-herb mixture as above and toss to coat.



## Bring it all together

Stir the **roasted veggies** through the **couscous**.



## Make the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water (for the couscous)** and **chicken-style stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



## Serve up

Divide the roast veggie couscous between bowls and top with the Mediterranean pork. Drizzle over the dill-parsley mayo. Sprinkle with the toasted almonds to serve.

Enjoy!