



Tunisian Pork Strips & Couscous Tabbouleh

with Zesty Yoghurt & Pumpkin Seeds

Grab your Meal Kit with this symbol



Chicken-Style Stock Powder



Couscous



Capsicum



Tomato



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt



Pumpkin Seeds (Pepitas)



Pork Loin Steaks



Tunisian Seasoning



Beef Strips

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Calorie Smart*

There's couscous and then there's couscous tabbouleh. The key here is to cook it to fluffy perfection, then take it to another level by bringing it together with the fresh and punchy elements of a classic tabbouleh. It serves as the perfect bed for the juicy, spiced pork.

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

Pantry items

Olive Oil

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
capsicum	1	2
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
pumpkin seeds (pepitas)	1 packet	1 packet
pork loin steaks	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
beef strips**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2206kJ (527Cal)	455kJ (108Cal)
Protein (g)	51.1g	10.5g
Fat, total (g)	13.2g	2.7g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	49.4g	10.2g
- sugars (g)	12g	2.5g
Sodium (mg)	1248mg	257mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2897kJ (692Cal)	456kJ (108Cal)
Protein (g)	85.9g	13.5g
Fat, total (g)	15.9g	2.5g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	49.4g	7.8g
- sugars (g)	12g	1.9g
Sodium (mg)	1326mg	209mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Cook the couscous

In a large saucepan, add the **water** 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.



Make the couscous tabbouleh

Add the **capsicum, tomato, baby spinach** and a generous squeeze of **lemon juice** to the saucepan with the cooked **couscous**. Drizzle with **olive oil** and season to taste. Mix well and set aside.



Get prepped

Roughly chop the **capsicum, tomato** and **baby spinach leaves**. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl combine the **Greek-style yoghurt** and **lemon zest**, then season with **salt** and **pepper**. Set aside.



Cook the pork

Cut the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **Tunisian spice blend** and a drizzle of **olive oil**. Add the **pork strips** and toss to coat. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork**, tossing, until browned, **2 minutes**. Season to taste.



Toast the pumpkin seeds

Heat a large frying pan over a medium-high heat. Add the **pumpkin seeds** and toast until golden, **3-4 minutes**. Transfer to a second small bowl and set aside. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **capsicum** until tender, **4-5 minutes**.



Serve up

Divide the couscous tabbouleh between plates and top with the Tunisian pork strips. Serve with the zesty yoghurt and any remaining lemon wedges. Garnish with the toasted pumpkin seeds.

Enjoy!



CUSTOM RECIPE

Combine the beef strips and spice blend as above. Return the frying pan to a high heat with a drizzle of olive oil. Cook the beef strips, tossing, until browned, 1-2 minutes. Season to taste.