



Moroccan Pork & Couscous with Ocean Spray Craisins

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2812kJ (672Cal) | Protein 53.6g | Fat, total 22.8g - saturated 6.1g | Carbohydrate 58.5g - sugars 18g | Sodium 1634mg
The quantities provided above are averages only.

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Get ready

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'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 pkt	1 pkt
Greek Salad Cheese/Feta Cheese	1 pkt (50g)	1 pkt (100g)

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.

1. Sizzle



Baby Broccoli



Pork Loin Steaks



Garlic Paste



Moroccan Curry Paste

2. Boil



Couscous



Ocean Spray Craisins



Chicken-Style Stock Powder



Lemon

3. Toss



Spinach & Rocket Mix



Roasted Almonds



Greek Salad Cheese/Feta Cheese



Mint

- Chop **baby broccoli**. Slice **pork** into strips
- Heat **olive oil** in a frying pan over high heat. Cook **baby broccoli** until tender, **4-6 mins**
- Add **garlic paste** and cook until fragrant, **1 min**. Season and transfer to a bowl
- Return pan to high heat with **oil**. Cook **pork** until browned, **1-2 mins**
- Add **curry paste** and a splash of **water**. Cook until fragrant, **1 min**

- Boil the kettle
- In a large bowl, combine **couscous**, **Ocean Spray craisins** (1/2 pkt for 2P / 1 pkt for 4P), **stock** and **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P)
- Cover and set aside for **5 mins**
- Cut **lemon** into wedges

- Fluff up **couscous** with a fork, add **spinach mix** and a squeeze of **lemon juice**. Season and toss
- Plate up **couscous**, **baby broccoli** and **pork**. Top with **almonds** and **cheese**
- Serve with remaining **lemon wedges**
- Tear over **mint**

