



MOROCCAN PORK TAGINE

with Mint Couscous & Toasted Almonds



Toast your almonds for maximum flavour!



Brown Onion



Garlic



Mint



Courgette



Slivered Almonds



Pork Mince



Chermoula Spice Blend



Tomato Paste



Mango Chutney



Chicken Stock



Couscous



Cherry Tomatoes

Hands-on: **35 mins**
Ready in: **45mins**

This Moroccan pork tagine gets its subtle sweetness from a secret ingredient - mango chutney! It adds a tasty boost and makes the sauce thick and rich. Served with a mint-infused couscous and topped with a nutty almond crunch, there are so many things to enjoy in this flavoursome bowl.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Grate the **courgette**.



2 COOK THE PORK

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a plate. Return the frying pan to a medium-high heat and add a **drizzle of olive oil**. Add the **onion** and cook, stirring, for **4-5 minutes**, or until softened. Add the **pork mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned.



3 SIMMER THE SAUCE

Add a **drizzle** more **olive oil**, the **garlic** and **chermoula spice blend** to the pork mixture. **TIP:** *This spice mix has no chilli but has a strong cumin flavour. Use less if you prefer!* Cook for **1-2 minutes**, or until fragrant. Add the **tomato paste** and **mango chutney** and cook, stirring, for a further **2 minutes**. Add the **courgette**, **water (for the sauce)** and crumble in **1 chicken stock** cube. Stir, then reduce the heat to medium and simmer for **10 minutes**, or until thickened slightly. Season to taste with **salt** and **pepper**.



4 COOK THE COUSCOUS

While the sauce is simmering, add the **water (for the couscous)** to a medium saucepan and crumble in the **remaining chicken stock** cube. Bring to the boil and add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff the couscous up with a fork and stir through **1/2 the mint** leaves.



5 MAKE THE TOMATO SALSA

While the couscous is cooking, slice the **cherry tomatoes** into quarters and place in a medium bowl with the **1/2 the mint**, the **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Stir to combine.

TIP: *Leave some cherry tomatoes plain for the kids if you like!*



6 SERVE UP

Divide the mint couscous and Moroccan pork tagine between bowls and top with a spoonful of the tomato salsa. Sprinkle with the toasted almonds.

TIP: *For kids, follow our serving suggestion in the main photo!*

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
mint	1 bunch
courgette	2
slivered almonds	2 packets
pork mince	1 packet
chermoula spice blend	3 sachets
tomato paste	2 sachets (100 g)
mango chutney	1 tub (100 g)
water* (for the sauce)	1 cup
chicken stock	2 cubes
water* (for the couscous)	2 cups
couscous	2 packets
cherry tomatoes	1 punnet
vinegar* (white wine or red wine)	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2586kJ (617Cal)	515kJ (123Cal)
Protein (g)	44.6g	8.9g
Fat, total (g)	21.6g	4.3g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	55.8g	11.1g
- sugars (g)	14.2g	2.8g
Sodium (g)	797mg	158mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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