



Tahini Pork & Couscous Tabbouleh

with Lemon Yoghurt & Flaked Almonds

Grab your Meal Kit with this symbol



Garlic



Pork Loin Steaks



Ras El Hanout



Tahini



Chicken Stock



Couscous



Tomato



Cucumber



Parsley



Lemon



Yoghurt



Flaked Almonds

Hands-on: 30-40 mins
Ready in: 30-40 mins

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, tahini-loving pork.

Pantry items

Olive Oil, Soy Sauce, Honey, 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
pork loin steaks	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
ras el hanout	1 sachet	1 sachet
tahini	1 packet (50g)	1 packet (100g)
butter*	10g	20g
water*	¾ cup	1½ cups
chicken stock	1 sachet	1 sachet
couscous	1 packet	2 packets
tomato	1	2
cucumber	1 (medium)	1 (large)
parsley	1 bunch	1 bunch
lemon	½	1
yoghurt	1 small packet	1 large packet
flaked almonds	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2430kJ (581Cal)	523kJ (125Cal)
Protein (g)	50.3g	10.8g
Fat, total (g)	16.4g	3.5g
- saturated (g)	8.7g	1.9g
Carbohydrate (g)	54.4g	11.7g
- sugars (g)	16.3g	3.5g
Sodium (mg)	735mg	158mg

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. Marinate the pork

Finely chop the **garlic** (or use a garlic press). Slice the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **soy sauce**, **honey**, **ras el hanout**, **1/2 the tahini** and **1/2 the garlic**. **Drizzle** with **olive oil** and season with a **pinch of pepper**. Add the **pork**, toss to coat and set aside.

TIP: If you have time, let the pork marinate for **10-15 minutes** to increase the flavour.



2. Cook the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water** and the **chicken stock** 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 and set aside, uncovered, to cool slightly.



3. Get prepped

While the couscous is cooking, finely chop the **tomato** and **cucumber**. Finely chop the **parsley** leaves. Slice the **lemon** into wedges.



4. Finish the couscous

Add the **tomato**, **cucumber**, **1/2 the parsley** and a **squeeze of lemon juice** to the **couscous**. **Drizzle** with **olive oil**, season to taste and stir to combine. Set aside. In a small bowl, combine the **yoghurt**, a **squeeze of lemon juice** and the **remaining tahini**. **Drizzle** with **olive oil**, season to taste and stir to combine.

TIP: Add as much or as little lemon juice as you like.



5. Cook the pork

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a high heat with a **drizzle of olive oil**. When the pan is hot, use tongs to gently shake off any excess tahini mixture from the pork, then cook the **pork**, tossing, until browned, **2-3 minutes**. Add the **remaining tahini mixture** and cook, stirring, until bubbling, **1 minute**.



6. Serve up

Divide the tahini pork and couscous tabbouleh between plates. Spoon over the excess tahini sauce from the pan. Garnish with the remaining parsley and the toasted almonds. Serve with the lemon yoghurt and any remaining lemon wedges.

Enjoy!