



Tunisian Pork & Veggie Couscous

with Garlic Dip & Pumpkin Seeds

Grab your Meal Kit with this symbol



Chicken-Style Stock Powder



Couscous



Capsicum



Tomato



Cucumber



Pumpkin Seeds (Pepitas)



Tunisian Seasoning



Pork Loin Steaks



Garlic Dip



Beef Strips

Keep an eye out...
Due to recent sourcing challenges, we've replaced baby spinach with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

There's couscous and then there's veggie couscous. The key here is to cook it to fluffy perfection, then take it to another level by bringing it together with the fresh and crunchy elements of capsicum and cucumber. 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

Medium 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 (5g)	1 sachet (10g)
couscous	1 packet	1 packet
capsicum	1	2
tomato	1	2
cucumber	1 (medium)	1 (large)
pumpkin seeds (pepitas)	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
garlic dip	1 medium packet	1 large packet
beef strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2652kJ (634Cal)	610kJ (146Cal)
Protein (g)	49g	11.3g
Fat, total (g)	27.3g	6.3g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	45.2g	10.4g
- sugars (g)	9.2g	2.1g
Sodium (mg)	1363mg	313mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	663kJ (158Cal)
Protein (g)	43.6g	10.6g
Fat, total (g)	31.6g	7.7g
- saturated (g)	5.2g	1.3g
Carbohydrate (g)	45.2g	11g
- sugars (g)	9.2g	2.2g
Sodium (mg)	1339mg	327mg

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 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**, then bring to the boil.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat.
- Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



Cook the pork

- In a medium bowl, combine **Tunisian seasoning** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate, cover and rest for **5 minutes**.
- While the pork is cooking, add **capsicum**, **tomato** and **cucumber** to cooked **couscous**. Drizzle with **olive oil** and season to taste. Mix well.

CUSTOM RECIPE

If you've swapped your pork loin for beef strips, flavour beef as above. Heat pan as above. When pan is hot, cook beef strips in batches, tossing, until browned, 1-2 minutes. Continue with step.



Cook the capsicum

- Meanwhile, roughly chop **capsicum**, **tomato** and **cucumber**.
- Heat a large frying pan over a medium-high heat. Toast **pumpkin seeds** until golden, **3-4 minutes**. Transfer to a small bowl and set aside.
- Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **capsicum**, tossing, until tender, **4-5 minutes**. Transfer to a bowl.



Serve up

- Slice Tunisian pork. Divide veggie couscous between bowls. Top with pork.
- Garnish with toasted pumpkin seeds.
- Serve with a dollop of **garlic dip**.

Enjoy!