



Tunisian Spiced Pork

with Roasted Veggie Rice & Garlic Yoghurt

Grab your Meal Kit with this symbol



Carrot



Parsnip



White Turnip



Tunisian Seasoning



Pork Loin Steaks



Garlic



Greek-Style Yoghurt



Basmati Rice



Currants



Vegetable Stock Powder



Baby Spinach Leaves

Keep an eye out...
Due to recent sourcing challenges, we've replaced courgette with parsnip, 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: 25-35 mins

Our Tunisian seasoning is a robust blend of aromatic spices that work magic on pork loin steaks. Fill your bowl to the brim with wholesome roast veggie rice with sweet bursts of currants stirred through and top it with the pork and a dollop of yoghurt for a flavour sensation.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
white turnip	2	4
Tunisian seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
basmati rice	1 packet	1 packet
currants	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
butter*	20g	40g
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668Cal)	470kJ (112Cal)
Protein (g)	47.9g	8.1g
Fat, total (g)	14.8g	2.5g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	86.1g	14.5g
- sugars (g)	17.8g	3g
Sodium (mg)	1316mg	221mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Boil the kettle. Cut the **carrot, parsnip** and **white turnip** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Cook the pork

While the rice is cooking, return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **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**.



Get prepped

While the veggies are roasting, combine the **Tunisian seasoning** and a drizzle of **olive oil** in a medium bowl. Add the **pork loin steaks** and turn to coat. Set aside. Finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.



Finish the rice

Stir the **roasted veggies** and **baby spinach leaves** through the rice. Season to taste.



Cook the rice

Half-fill a medium saucepan with boiling water. Add the **basmati rice, currants** and a pinch of **salt** and cook, uncovered, over a high heat until tender, **12 minutes**. Drain, return to saucepan, then stir through the **vegetable stock powder** and the **butter**.



Serve up

Slice the Tunisian spiced pork. Divide the roast veggie rice between bowls and top with the pork. Dollop over the garlic yoghurt to serve.

Enjoy!