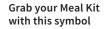
# Tunisian Spiced Pork with Roasted Veggie Rice & Garlic Yoghurt















White Turnip

**Tunisian Seasoning** 





Pork Loin Steaks

Garlic



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!

#### **Pantry items**

Olive Oil, Butter



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.

## 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  $\cdot$  Large frying pan  $\cdot$  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)

<sup>\*</sup>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.



## 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.



## 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**.



# 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**.



## Finish the rice

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



## 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!