

Chermoula Yoghurt Pork

with Lemon & Roast Veggie Israeli Couscous

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Carrot



Israeli Couscous



Chicken-Style Stock Powder



Chermoula Spice Blend



Greek-Style Yoghurt



Pork Loin Steaks



Lemon



Garlic



Baby Spinach Leaves

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Calorie Smart

This meal is all about the little differences – the chermoula and yoghurt jazzing up the pork, the flavourful Israeli couscous studded with chunks of sweet roasted veggies and the yoghurt drizzle that will become your new favourite accompaniment.

Pantry items

Olive Oil, 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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (200g)	1 portion (400g)
red onion	1 (medium)	1 (large)
carrot	1	2
Israeli couscous	1 packet	2 packets
water*	1¼ cups	2½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
honey*	½ tbs	1 tbs
chermoula spice blend	1 sachet	1 sachet
Greek-style yoghurt	1 medium packet	1 large packet
pork loin steaks	1 packet	1 packet
lemon	½	1
garlic	1 clove	2 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2377kJ (568Cal)	436kJ (104Cal)
Protein (g)	47.3g	8.7g
Fat, total (g)	15.1g	2.8g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	64g	11.7g
- sugars (g)	17.5g	3.2g
Sodium (mg)	1162mg	213mg

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 **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **red onion** into wedges. Slice the **carrot** into half-moons. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **18-20 minutes**.



Make the yoghurt dressing

While the pork is cooking, zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **garlic**. In a small bowl, combine a squeeze of **lemon juice**, the **garlic** and the remaining **yoghurt**. Season to taste.

TIP: Add less garlic if you're not a fan of the raw flavour.



Cook the couscous

While the veggies are roasting, heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **chicken-style stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water has been absorbed, **10-12 minutes**.



Bring it all together

When the veggies are done, add the **lemon zest**, **roasted veggies**, **baby spinach leaves** and the **butter** to the cooked **couscous**. Stir to combine until the butter has melted, **1-2 minutes**.



Cook the pork

While the couscous is cooking, combine the **honey**, **chermoula spice blend**, some **Greek-style yoghurt** (1 tbs for 2 people / 2 tbs for 4 people) and a pinch of **salt** and **pepper** in a medium bowl. Add the **pork loin steaks** and turn to coat. Heat a large frying pan over 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 (depending on thickness). Transfer to a plate and cover with foil to rest.

TIP: Pork can be served slightly blushing pink in the centre.



Serve up

Slice the chermoula yoghurt pork. Divide the lemon and roast veggie Israeli couscous between bowls. Top with the pork. Drizzle the lemon yoghurt dressing and any resting juices over the pork. Serve with any remaining lemon wedges.

Enjoy!