



Quick Creamy Pork & Israeli Couscous Bowl

with Zesty Almond Crumb & Pear Salad

Grab your Meal Kit with this symbol



Israeli Couscous



Pear



Green Beans



Lemon



Flaked Almonds



Pork Mince



Longlife Cream



Garlic & Herb Seasoning



Grated Parmesan Cheese



Mixed Salad Leaves

 Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Speed, ease and decadent deliciousness are the major themes of this dish. There's pearls of Israeli couscous and hearty pork mince, stirred through a creamy Italian sauce for endless bites of 'yum'!

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
Israeli couscous	1 packet	2 packets
butter*	30g	60g
water*	1¼ cups	2½ cups
pear	½	1
green beans	1 bag (100g)	1 bag (200g)
lemon	½	1
flaked almonds	1 packet	2 packets
pork mince	1 small packet	1 medium packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
garlic & herb seasoning	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
mixed salad leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3538kJ (846Cal)	876kJ (209Cal)
Protein (g)	39.6g	9.8g
Fat, total (g)	55.3g	13.7g
- saturated (g)	30.9g	7.6g
Carbohydrate (g)	46.5g	11.5g
- sugars (g)	8.7g	2.2g
Sodium (mg)	708mg	175mg

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.

1



Cook the couscous & make the crumb

- In a medium saucepan, heat a drizzle of **olive oil** over a medium-high heat.
- Add **Israeli couscous** and 1/2 the **butter** and toast, stirring occasionally, until golden, **1-2 minutes**. Add **water** and a pinch of **salt**. Reduce heat to medium and simmer, stirring occasionally, until couscous is tender and water is absorbed, **10-12 minutes**. Cover to keep warm.
- Meanwhile, thinly slice **pear** (see ingredients). Trim and halve **green beans**. Zest **lemon** to get a pinch, then slice into wedges.
- Heat a large frying pan over a medium-high heat with the remaining **butter**.
- Add **flaked almonds** and **lemon zest** and cook until toasted and fragrant, **1 minute**. Transfer to a small bowl and set aside.

3



Toss the salad

- In a medium bowl, combine a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season.
- Add **pear** and **mixed salad leaves**. Toss to coat.

2



Cook the pork & finish the couscous

- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **pork mince**, breaking up with a spoon, until just browned, **4-5 minutes**.
- Transfer to a bowl and set aside. Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **green beans**, tossing, until tender, **4-5 minutes**. Return **pork mince** to the pan, then add **longlife cream** (see ingredients) and **garlic & herb seasoning**. Season with **salt** and **pepper** and cook until slightly reduced, **1-2 minutes**.
- Remove from heat, then stir through **grated Parmesan cheese**.
- Add **Israeli couscous** and stir to combine.

4



Serve up

- Divide creamy pork Israeli couscous between bowls. Sprinkle over zesty almond crumb.
- Serve with pear salad and any remaining lemon wedges.

Enjoy!