



Mediterranean Pork Couscous Bowl

with Roast Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Tomato



Courgette



Carrot



Red Onion



Garlic



Dill & Parsley Mayonnaise



Pork Loin Steaks



Garlic & Herb Seasoning



Lemon Pepper Spice Blend



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Beef Strips

Hands-on: 20-30 mins
Ready in: 35-45 mins

This meal is all about the little differences – the mix of herbs spicing up the pork, the flavourful couscous flecked with carrot and the dill-parsley mayo drizzle with an additional parsley garnish that will become your new favourite collaboration.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
courgette	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the mayo)	½ tbs	1 tbs
pork loin steaks	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
lemon pepper spice blend	1 sachet	1 sachet
butter*	20g	40g
water* (for the couscous)	¾ cups	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
beef strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3094kJ (739Cal)	608kJ (145Cal)
Protein (g)	45.5g	8.9g
Fat, total (g)	36.1g	7.1g
- saturated (g)	8.8g	1.7g
Carbohydrate (g)	57.5g	11.3g
- sugars (g)	14.5g	2.8g
Sodium (mg)	1381mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3072kJ (734Cal)	635kJ (151Cal)
Protein (g)	44.7g	9.2g
Fat, total (g)	35.9g	7.4g
- saturated (g)	8.8g	1.8g
Carbohydrate (g)	57.5g	11.9g
- sugars (g)	14.5g	3g
Sodium (mg)	1351mg	279mg

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](https://www.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](https://www.hellofresh.co.nz/contact)



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **tomato** into wedges. Cut the **courgette** into thick rounds. Cut the **carrot** into thick half-moons. Slice the **red onion** into wedges. Place the **tomato, courgette, carrot** and **onion** 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, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Toast the almonds

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Get prepped

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **dill & parsley mayonnaise** and **water (for the mayo)**. Set aside. Slice the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **garlic & herb seasoning, lemon pepper spice blend** and a drizzle of **olive oil**. Add the **pork** and toss to coat.

CUSTOM RECIPE

If you've swapped your pork loin for beef strips, add the beef to the garlic-herb mixture as above and toss to coat.



Cook the pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork strips**, in batches, tossing, until golden, **2-3 minutes**. Set aside.

CUSTOM RECIPE

Heat the pan as above. Cook the beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.



Make the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Add the **water (for the couscous)** and **chicken-style stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

Stir the roasted veggies through the couscous. Divide the roast veggie couscous between bowls and top with the Mediterranean pork. Drizzle over the dill-parsley mayo. Sprinkle with the toasted almonds to serve.

Enjoy!