



Mediterranean Pork Couscous Bowl

with Roasted Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Tomato



Courgette



Carrot



Red Onion



Garlic



Lemon



Dill & Parsley Mayonnaise



Pork Loin Steaks



Garlic & Herb Seasoning



Lemon Pepper Spice Blend



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Parsley

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 a parsley garnish that will become your new favourite collaboration.

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 cloves	2 cloves
lemon	½	1
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(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	1 sachet
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3138kJ (750Cal)	521kJ (124Cal)
Protein (g)	48.6g	8.1g
Fat, total (g)	36g	6g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	57.9g	9.6g
- sugars (g)	15.2g	2.5g
Sodium (mg)	1287mg	214mg

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**. Cut the **tomato** into 2cm wedges. Cut the **courgette** into 2cm half-moons. Cut the **carrot** (unpeeled) into 1cm half-moons. Slice the **red onion** into 2cm wedges. Place the **tomato, courgette, carrot** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 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. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice into wedges. In a small bowl, combine the **dill & parsley mayonnaise** and **water (for the mayo)**. Set aside. Thinly slice the **pork loin steaks**. 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. Set aside.



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**.



Make the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook 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. Stir through the roasted **veggies, lemon zest** and a squeeze of **lemon juice**. Set aside.



Serve up

Roughly chop the **parsley** leaves. Divide the veggie couscous between bowls and top with the Mediterranean pork. Drizzle over the dill-parsley mayo. Garnish with the toasted almonds and parsley. Serve with any remaining lemon wedges.

Enjoy!