



Mediterranean Pork Couscous Bowl

with Roasted Veggies & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Beetroot



Leek



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



Keep an eye out...
Due to recent sourcing challenges, we've replaced tomato with beetroot, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!



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
beetroot	1	2
leek	1	2
carrot	1	2
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
lemon	½	1
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
water*	½ tbs	1 tbs
(for the mayo)		
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*	¾ cups	1½ cups
(for the couscous)		
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
parsley	1 bag	1 bag
beef strips**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3128kJ (748Cal)	583kJ (139Cal)
Protein (g)	45.7g	8.5g
Fat, total (g)	36.2g	6.7g
- saturated (g)	8.8g	1.6g
Carbohydrate (g)	58.2g	10.8g
- sugars (g)	15.2g	2.8g
Sodium (mg)	1316mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3107kJ (743Cal)	607kJ (145Cal)
Protein (g)	44.9g	8.8g
Fat, total (g)	36g	7g
- saturated (g)	8.8g	1.7g
Carbohydrate (g)	58.2g	11.4g
- sugars (g)	15.2g	3g
Sodium (mg)	1285mg	251mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW32



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into small chunks. Cut the **leek** into thick rounds. Cut the **carrot** into thick half-moons. Slice the **red onion** into wedges. Place the **beetroot, leek, carrot** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



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 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. 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 for beef strips, add the beef strips to the bowl with the garlic-herb mixture. 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, 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

Roughly chop the **parsley** leaves. Stir the roasted veggies, lemon zest and a squeeze of lemon juice through the couscous. Divide the veggie couscous between bowls and top with the Mediterranean pork. Drizzle with the dill-parsley mayo. Sprinkle with the toasted almonds and parsley. Serve with any remaining lemon wedges.

Enjoy!