



CHEAT'S MOROCCAN PORK TAGINE

with Mint Couscous & Toasted Almonds



Toast your almonds for maximum flavour!



Brown Onion



Carrot



Garlic



Lemon



Mint



Slivered Almonds



Pork Mince



Tomato Paste



Chermoula Spice Blend



Mango Chutney



Chicken Stock



Couscous



Tomato

Pantry Staples: Olive Oil

Hands-on: 25 mins
Ready in: 30 mins

Take a little bit of refreshing mint, add a little almondy crunch, a dash of mango chutney for sweetness and what have you got? Why, it's the perfect recipe for a delicious cheat's Moroccan pork tagine!

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan** with a **lid**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Cut the **lemon** (see ingredients list) into wedges. Grate the **carrot** (unpeeled).



2 COOK THE PORK

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **pork mince** and cook, breaking up with a wooden spoon, until browned, **4-5 minutes**.



3 SIMMER THE SAUCE

Add the **garlic**, **tomato paste** (see ingredients list), **chermoula spice blend** (see ingredients list) and **mango chutney** to the pork mixture. Cook, stirring, until fragrant, **2 minutes**. Add the **water** (for the sauce), **carrot** and crumble in the **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Stir, then reduce the heat to medium and simmer until thickened slightly, **10 minutes**. Season to taste with **salt** and **pepper**.

TIP: Add an extra splash of water if the mixture is too thick!



4 COOK THE COUSCOUS

While the sauce is simmering, add the **water** (for the couscous) to a medium saucepan and crumble in the remaining **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Bring to the boil, then 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 has absorbed, 5 minutes. Fluff the couscous up with a fork and stir through **1/2 the mint**.



5 DRESS THE TOMATOES

While the couscous is cooking, roughly chop the **tomato** and place in a medium bowl with a **generous squeeze of lemon** juice and the **remaining mint**. **Drizzle** with **olive oil**, season with salt and pepper and stir to combine. **TIP:** Add more lemon juice if you like!



6 SERVE UP

Divide the mint couscous and cheat's Moroccan pork tagine between bowls. Serve with any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
lemon	½	1
carrot	1	2
slivered almonds	1 packet	2 packets
pork mince	1 packet	1 packet
tomato paste	¾ tin	1 ½ tins
chermoula spice blend	1 ½ sachets	3 sachets
mango chutney	1 tub (50 g)	1 tub (100 g)
water* (for the sauce)	½ cup	1 cup
chicken stock	1 cube	2 cubes
water* (for the couscous)	¾ cup	1 ½ cups
couscous	1 packet	2 packets
tomato	2	4

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	402kJ (96Cal)
Protein (g)	46.0g	6.6g
Fat, total (g)	21.8g	3.1g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	65.2g	9.3g
- sugars (g)	23.0g	3.3g
Sodium (g)	846mg	121mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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