



# Moroccan-Style Pork & Roast Veggie Couscous

with Herby Yoghurt & Walnuts

Grab your Meal Kit with this symbol



Red Onion



Tomato



Carrot



Parsnip



Chicken-Style Stock Powder



Couscous



Currants



Walnuts



Parsley



Lemon



Spinach & Rocket Mix



Greek-Style Yoghurt



Ras El Hanout



Pork Loin Steaks

Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Quality protein and a roasted veggie couscous are the base of this Moroccan-inspired dish. Just add a hit of herby yoghurt and crunchy walnuts to tie all the nutritionally balanced elements together!

### Pantry items

Olive Oil, Honey

## 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
red onion	1 (medium)	1 (large)
tomato	1	2
carrot	1	2
parsnip	1	2
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
currants	1 packet	2 packets
walnuts	1 packet	2 packets
parsley	1 bunch	1 bunch
lemon	½	1
spinach & rocket mix	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet
ras el hanout	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
honey*	½ tbs	1 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2769kJ (661Cal)	487kJ (116Cal)
Protein (g)	50.3g	8.9g
Fat, total (g)	19.4g	3.4g
- saturated (g)	3.6g	0.6g
Carbohydrate (g)	74.3g	13.1g
- sugars (g)	27.5g	4.8g
Sodium (mg)	885mg	156mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://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**. Slice the **red onion** and **tomato** into 2cm wedges. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **parsnip** (unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread in a single layer and roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

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



## Cook the pork

In a large bowl, combine the **ras el hanout** and the **salt**, then season with **pepper**. Add the **pork loin steaks** and toss to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Remove the pan from the heat, then add the **honey** and a squeeze of **lemon juice**. Turn the **pork** to coat and transfer to a plate to rest.

**TIP:** Pork can be served slightly blushing pink in the centre.



## Cook the couscous

While the veggies are roasting, add the **water** and **chicken-style stock powder** to a medium saucepan. Bring to the boil over a medium-high heat. Add the **couscous**, **currants** 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 and set aside, uncovered.



## Get prepped

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **walnuts** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. Finely chop the **parsley** leaves. Zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **spinach & rocket mix**. In a second small bowl, combine the **Greek-style yoghurt**, **lemon zest** and 1/2 the **parsley**. Season with **salt** and **pepper**. Set aside.



## Finish the couscous

In a second large bowl, add the roasted **veggies**, **spinach & rocket**, **couscous** and a squeeze of **lemon juice**. Gently toss to combine and season to taste.

**TIP:** Toss the veggies in the saucepan with the couscous if you want to save on dirty dishes!



## Serve up

Slice the Moroccan-style pork. Divide the roast veggie couscous between bowls. Top with the pork and any resting juices. Drizzle over the herby yoghurt. Garnish with the toasted walnuts and remaining parsley. Serve with any remaining lemon wedges.

## Enjoy!