



# PAN-FRIED PORK

with Mediterranean Veggies & Couscous



## HELLO SOY SAUCE

*This classic Asian liquid seasoning is called 'jiangyou' in China and 'shoyu' in Japan.*



Orange



Soy Sauce



Pork Medallion



Red Onion



Red Pepper



Courgette



Flat Leaf Parsley



Balsamic Vinegar



Water



Chicken Stock Pot



Couscous

Soy sauce is a crucial ingredient for almost any Chinese cooking but today we're bringing a little bit of its oriental, umami magic to a more Mediterranean dish. Orange adds a taste of sunshine and the veggies keep things fresh.

40 mins

3 of your 5 a day

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Mixing Bowl**, some **Baking Paper**, a **Baking Tray**, **Small Saucepan** (with a **Lid**), **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan** and some **Foil**. Now, let's get cooking!



### 1 MARINATE THE PORK

Preheat your oven to 200°C. Zest and juice the **orange**. Put both the **zest** and **juice** in a mixing bowl. Add the soy sauce and a sprinkling of sugar if you have some. Mix together, then add the **pork** and make sure it is well coated in the marinade. Set aside to marinate while you prepare everything else.



### 2 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion** into half moons. Halve, then remove the core from the **pepper** and chop into 2cm pieces. Remove the top and bottom from the **courgette** and chop into 2cm chunks. Twist and tear the **parsley** bunch in half and roughly chop. Put the **pepper** and **courgette** on a lined baking tray and drizzle with **oil**. Season with **salt** and **black pepper**. Roast on the top shelf of your oven, 20-25 mins.



### 3 CARAMELISE THE ONION

Meanwhile, heat a drizzle of **oil** in a small saucepan on low heat and add the **onion**. Stir and cook until soft, 10 mins. Add the **balsamic vinegar** and cook gently until the **onion** is caramelised, another 10 mins. Put a lid on the pan, take it off the heat and set aside.



### 4 COOK THE COUSCOUS

In the meantime pour the **water** (amount specified in the ingredient list) into a large saucepan and add the **chicken stock pot**. Bring to the boil and stir to dissolve the **stock pot**, then add the **couscous** with a drizzle of **olive oil**. Take the pan off the heat, put a lid on and set aside so the **couscous** absorbs the **stock**.



### 5 PAN-FRY THE PORK

Heat a drizzle of **oil** in a frying pan on medium heat. Lay in the **pork** (leave the marinade in the bowl for now). Cook until slightly caramelised, 7-8 mins on each side. **★ TIP:** *The pork is cooked when it is no longer pink in the middle.* Remove from the pan and rest on a board for a few mins. Cover with foil to keep warm. Add the **marinade** to your now empty pan and simmer for 2 mins.



### 6 FINISH AND SERVE

Fluff up the **couscous** with a fork. Add the roasted **veggies**, the caramelised **onion** and **half** the **parsley**. Stir everything together. Slice the **pork** into roughly 1cm wide slices. Serve the **couscous** in bowls with the **pork** on top. Drizzle with a good spoonful of the **soy and orange sauce** and sprinkle on the remaining **parsley**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Orange	1/2
Soy Sauce 1) 6)	1 1/2 tbsp
Pork Medallion	2
Red Onion, sliced	1
Red Pepper, chopped	1
Courgette, chopped	1
Flat Leaf Parsley, chopped	1/2 small bunch
Balsamic Vinegar 12)	1 tbsp
Water*	300ml
Chicken Stock Pot	1/2
Couscous 1)	150g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	532	93
(kJ)	2255	393
Fat (g)	4	1
Sat. Fat (g)	1	0
Carbohydrate (g)	73	13
Sugars (g)	20	3
Protein (g)	50	9
Salt (g)	3.38	0.59

### ALLERGENS

1)Gluten 6)Soya 12)Sulphites

**Soy Sauce:** Water, **Soy beans**, **Wheat**, Salt, Sodium Benzoate.

**Vegetable Stock Pot:**Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

**Balsamic Vinegar:** Wine Vinegar (Contains Sulphites), Concentrated Grape Must, Colour E150d

### 👍 THUMBS UP OR THUMBS DOWN?

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