

# Tahini Pork & Couscous Tabbouleh

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Pork Loin Steaks



Ras El Hanout



Tahini



Green Beans



Chicken-Style Stock Powder



Couscous



Tomato



Parsley



Lemon



Greek-Style Yoghurt



Flaked Almonds

-  Hands-on: **30-40 mins**
-  Ready in: **30-40 mins**
-  Calorie Smart

There's couscous and then there's couscous tabbouleh; the key here is to cook it to fluffy perfection, then take it to another level by bringing it together with the fresh and punchy elements of a classic tabbouleh. It serves as the perfect bed for the juicy, tahini-loving pork.

### Pantry items

Olive Oil, Soy Sauce, Honey, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
pork loin steaks	1 packet	1 packet
soy sauce*	1 tbs	2 tbs
honey*	1 tbs	2 tbs
ras el hanout	1 sachet	1 sachet
tahini	1 packet (50g)	1 packet (100g)
green beans	1 bag (100g)	1 bag (200g)
butter*	10g	20g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
tomato	1	2
parsley	1 bag	1 bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2500kJ (598Cal)	569kJ (136Cal)
Protein (g)	47.9g	10.9g
Fat, total (g)	20.7g	4.7g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	54.5g	12.4g
- sugars (g)	15.2g	3.5g
Sodium (mg)	1093mg	249mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1 Marinate the pork

Finely chop the **garlic**. Slice the **pork loin steaks** into 1cm strips. In a medium bowl, combine the **soy sauce, honey, ras el hanout, 1/2 the tahini** and 1/2 the **garlic**. Drizzle with **olive oil** and season with **pepper**. Add the **pork strips**, then toss to coat. Set aside.

**TIP:** If you have time, let the pork marinate for 10-15 minutes to increase the flavour.



## 4 Finish the couscous

Add the **green beans, tomato, 1/2 the parsley** and a squeeze of **lemon juice** to the **couscous**. Drizzle with **olive oil**, season to taste and stir to combine. Set aside. In a small bowl, combine the **Greek-style yoghurt**, a squeeze of **lemon juice** and the remaining **tahini**. Drizzle with **olive oil**, season to taste and stir to combine.

**TIP:** Add as much or as little lemon juice as you like.



## 2 Cook the couscous

Trim the **green beans** and slice into thirds. In a medium saucepan, add a drizzle of **olive oil** over a medium-high heat. Cook the **green beans**, tossing, until tender, **4-5 minutes**. Transfer to a plate and cover to keep warm. Return the pan to a medium-high heat and melt the **butter**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water** 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.



## 5 Cook the pork

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl. Return the frying pan to a high heat with a drizzle of **olive oil**. When the pan is hot, use tongs to gently shake off any excess tahini mixture from the pork, then cook the **pork**, tossing, until browned, **2-3 minutes**. Add the remaining **tahini mixture** and cook, stirring, until bubbling, **1 minute**.



## 3 Get prepped

While the couscous is cooking, finely chop the **tomato**. Finely chop the **parsley** leaves. Slice the **lemon** into wedges.



## 6 Serve up

Divide the couscous tabbouleh between plates. Top with the tahini pork, spooning over any remaining sauce from the pan. Sprinkle with the remaining parsley and toasted almonds. Serve with the lemon yoghurt.

## Enjoy!