

# Sticky Middle Eastern Pork & Carrot Couscous

with Lemon Yoghurt & Flaked Almonds

HIGHEST RATED

Grab your meal kit with this number

13



Garlic



Pork Loin Steaks



Middle Eastern Seasoning



Apricot Sauce



Onion



Chicken-Style Stock Powder



Couscous



Carrot



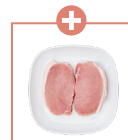
Lemon



Greek-Style Yoghurt



Flaked Almonds



Pork Loin Steaks



Chicken Breast

Prep in: 30-40 mins  
Ready in: 30-40 mins

Protein Rich

Tonight we're bringing bold Middle Eastern flavours to the table. Succulent pork loin steaks are seared in a sticky apricot glaze, served over fluffy carrot couscous, then finished with zesty lemon yoghurt and crunchy flaked almonds.

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

|                            | 2 People        | 4 People        |
|----------------------------|-----------------|-----------------|
| <b>olive oil*</b>          | refer to method | refer to method |
| garlic                     | 2 cloves        | 4 cloves        |
| pork loin steaks           | 300g            | 600g            |
| <b>soy sauce*</b>          | 1 tbsps         | 2 tbsps         |
| <b>honey*</b>              | 1 tbsps         | 2 tbsps         |
| Middle Eastern seasoning   | 1 sachet        | 2 sachets       |
| apricot sauce              | 1 medium packet | 1 large packet  |
| onion                      | ½               | 1               |
| <b>butter*</b>             | 10g             | 20g             |
| <b>water*</b>              | ¾ cup           | 1½ cups         |
| chicken-style stock powder | 1 medium sachet | 1 large sachet  |
| couscous                   | 1 medium packet | 1 large packet  |
| carrot                     | 1               | 2               |
| 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)       | 2590kJ (619Cal) | 609kJ (146Cal) |
| Protein (g)       | 46.8g           | 11g            |
| Fat, total (g)    | 16.6g           | 3.9g           |
| - saturated (g)   | 5.7g            | 1.3g           |
| Carbohydrate (g)  | 67.9g           | 16g            |
| - sugars (g)      | 24.7g           | 5.8g           |
| Sodium (mg)       | 1370mg          | 322mg          |
| Dietary Fibre (g) | 8.2g            | 1.9g           |

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://www.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 **garlic**.
- Slice **pork loin steaks** into 1cm strips.
- In a medium bowl, combine the **soy sauce**, **honey**, **Middle Eastern seasoning**, half the **apricot sauce** and half the **garlic**. Drizzle with **olive oil** and season with **pepper**.
- Add **pork strips** and 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 **onion**, **carrot** and a squeeze of **lemon juice** to the **couscous**. Drizzle with **olive oil**, season to taste with **salt** and **pepper** and stir to combine. Set aside.
- In a small bowl, combine **Greek-style yoghurt** and a squeeze of **lemon juice**. Drizzle with **olive oil**, season to taste and stir to combine. Set aside.

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



## 2 Cook the couscous

- Thinly slice **onion** (see ingredients).
- Heat a medium saucepan with a drizzle of **olive oil** over medium-high heat. Cook **onion**, tossing, until tender, **4-5 minutes**. Transfer to a plate and cover to keep warm.
- Return the pan to 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 **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



## 5 Cook the pork

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



## 3 Get prepped

- While the couscous is cooking, grate **carrot**.
- Slice **lemon** into wedges.



## 6 Finish & serve

- Divide carrot couscous between bowls. Top with sticky Middle Eastern pork.
- Spoon over any remaining sauce from the pan.
- Sprinkle with toasted almonds and serve with lemon yoghurt. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW07



### CUSTOM OPTIONS



#### PORK LOIN STEAKS:

Follow method above, cooking in batches if necessary.



#### CHICKEN BREAST:

Cut into 2cm chunks. Cook until cooked through, 5-6 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

