



Golden Spiced Pork & Roast Veggie Couscous

with Mustard & Parmesan Dressing

Grab your Meal Kit
with this symbol



Capsicum



Red Onion



Carrot



Parsnip



Couscous



Garlic & Herb
Seasoning



Garlic Aioli



Dijon Mustard



Grated Parmesan
Cheese



Pork Loin
Steaks



Aussie Spice
Blend



Parsley



Hands-on: **25-35 mins**
Ready in: **35-45 mins**

This meal is all about the little differences – the spice blend giving new life to pork strips, the fluffy garlic-herb couscous and the creamy mustard-Parmesan aioli drizzle with a parsley garnish that will become your new favourite collaboration.

Pantry items

Olive Oil

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
capsicum	1	2
red onion	1 (medium)	1 (large)
carrot	1	2
parsnip	1	2
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)
Dijon mustard	½ packet (7.5g)	1 packet (15g)
water* (for the dressing)	1 tbs	2 tbs
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork loin steaks	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2816kJ (673Cal)	498kJ (119Cal)
Protein (g)	52.5g	9.3g
Fat, total (g)	22.6g	4g
- saturated (g)	4.9g	0.9g
Carbohydrate (g)	65.8g	11.6g
- sugars (g)	20.6g	3.6g
Sodium (mg)	1472mg	260mg

Allergens

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

Visit 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 **capsicum** into thin strips. Slice the **red onion** into 2cm wedges. Cut the **carrot** (unpeeled) and **parsnip** into 1cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

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



Cook the couscous

While the veggies are roasting, add the **water (for the couscous)** to a medium saucepan and bring to the boil. Add the **couscous, garlic & herb seasoning** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



Make the dressing

While the couscous is cooking, combine the **garlic aioli, Dijon mustard** (see ingredients), **water (for the dressing)** and 1/2 the **grated Parmesan cheese** in a small bowl. Season to taste and set aside.

TIP: Hold back on the mustard if you're not a fan.



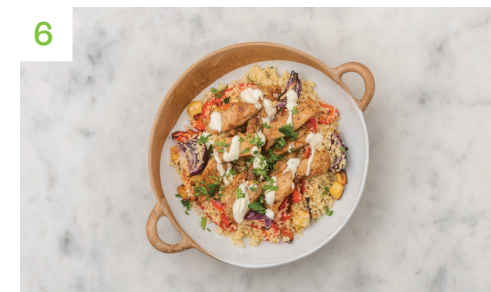
Cook the pork

Thinly slice the **pork loin steaks** into strips. In a medium bowl, combine the **Aussie spice blend** and a generous drizzle of **olive oil**. Add the **pork strips** and toss to coat. When the **veggies** have **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. Cook the **pork strips**, in batches, until golden, **2-3 minutes**. Transfer to a plate.



Finish the couscous

Add the roasted **veggies** and remaining **grated Parmesan cheese** to the **couscous**. Stir to combine.



Serve up

Roughly chop the **parsley** leaves. Divide the roast veggie couscous between bowls and top with the golden spiced pork. Drizzle over the Parmesan and mustard dressing. Garnish with the parsley.

Enjoy!