



MOROCCAN PORK MINCE

with Mint Couscous & Toasted Almonds



Toast your almonds for maximum flavour!



Brown Onion



Garlic



Mint



Courgette



Carrot



Slivered Almonds



Pork Mince



Chermoula Spice Blend



Tomato Paste



Mango Chutney



Chicken Stock



Couscous



Cherry Tomatoes



Hands-on: 35 mins

Ready in: 45mins

This Moroccan pork mince gets its subtle sweetness from a secret ingredient - mango chutney! It adds a tasty boost and makes the sauce thick and rich. Served with a mint-infused couscous and topped with a nutty almond crunch, there are so many things to enjoy in this flavoursome bowl.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan** with a **lid**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Pick and roughly chop the **mint** leaves. Grate the **courgette**. Grate the **carrot** (unpeeled).



2 COOK THE PORK

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a plate. Return the frying pan to a medium-high heat and add a **drizzle of olive oil**. Add the **onion** and cook, stirring for **4-5 minutes**, or until softened. Add the **pork mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned.



3 SIMMER THE SAUCE

Add a **drizzle** more **olive oil**, the **garlic** and **chermoula spice blend** to the pork mixture. **TIP:** *Chermoula has a strong cumin flavour - use less if you or the kids prefer!* Cook for **1-2 minutes**, or until fragrant. Add the **tomato paste** and **mango chutney** and cook, stirring, for a further **2 minutes**. Add the **water (for the sauce)**, **courgette**, **carrot** and crumble in **1 chicken stock** cube. Stir, then reduce the heat to medium and simmer for **10 minutes**, or until thickened slightly. Season to taste with **salt** and **pepper**.



4 COOK THE COUSCOUS

While the sauce is simmering, add the **water (for the couscous)** to a medium saucepan and crumble in the **remaining chicken stock** cube. Bring to the boil and add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff the couscous up with a fork and stir through **1/2 the mint** leaves.



5 MAKE THE TOMATO SALSA

While the couscous is cooking, slice the **cherry tomatoes** into quarters and place in a medium bowl with the **1/2 the mint**, the **vinegar**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Stir to combine.

TIP: *Leave some cherry tomatoes plain for the kids if you like!*



6 SERVE UP

Divide the mint couscous and Moroccan pork mince between bowls and top with a spoonful of the tomato salsa. Sprinkle with the toasted almonds.

TIP: *For kids, follow our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown onion	1
garlic	2 cloves
mint	1 bunch
courgette	1
carrot	1
slivered almonds	2 packets
pork mince	1 packet
chermoula spice blend	3 sachets
tomato paste	2 sachets
mango chutney	1 tub (100g)
water* (for the sauce)	1 cup
chicken stock	2 cubes
water* (for the couscous)	1½ cups
couscous	2 packets
cherry tomatoes	1 punnet
vinegar* (white wine or red wine)	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (623Cal)	530kJ (127Cal)
Protein (g)	43.9g	8.9g
Fat, total (g)	21.4g	4.4g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	57.9g	11.7g
- sugars (g)	16.7g	3.4g
Sodium (g)	817mg	166mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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