

Tahini Pork & Couscous Tabbouleh

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Ras El Hanout



Tahini



Leek



Chicken-Style Stock Powder



Couscous



Carrot



Lemon



Flaked Almonds



Pork Loin Steaks



Greek-Style Yoghurt




Chicken Breast

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early*
*Custom Recipe only

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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)
leek	1	2
butter*	10g	20g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
carrot	1	2
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	544kJ (130Cal)
Protein (g)	49.2g	10.2g
Fat, total (g)	21g	4.4g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	60g	12.5g
- sugars (g)	17.3g	3.6g
Sodium (mg)	1147mg	239mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	545kJ (130Cal)
Protein (g)	46.2g	9.4g
Fat, total (g)	24.1g	4.9g
- saturated (g)	7.5g	1.5g
Carbohydrate (g)	60g	12.2g
- sugars (g)	17.3g	3.5g
Sodium (mg)	1172mg	239mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW40



1



Marinate the pork

- Finely chop **garlic**. Slice **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 **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.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Combine with the marinade as above.

4



Finish the couscous

- Add **leek**, **carrot** 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 **Greek-style yoghurt**, a squeeze of **lemon juice** and the remaining **tahini**. 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 white and light green parts of **leek**.
- Heat a medium saucepan with a drizzle of **olive oil** over medium-high heat. Cook **leek**, 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 tahini mixture from the pork, then cook **pork**, tossing, until browned, **2-3 minutes**.
- Add the remaining **tahini mixture** and cook, stirring, until bubbling, **1 minute**.

Custom Recipe: After toasting the almonds, heat the pan as above. When the pan is hot, use tongs to gently shake off any excess tahini mixture from the chicken, then cook chicken, tossing, until browned, 5-6 minutes. Add the excess tahini mixture as above.

3



Get prepped

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

6



Serve up

- Divide couscous tabbouleh between bowls. Top with tahini pork.
- Spoon over any remaining sauce from the pan.
- Sprinkle with **toasted almonds** and serve with lemon yoghurt and any remaining lemon wedges. Enjoy!

Rate your recipe

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