



# Chermoula Pork & Garlic-Lemon Yoghurt

with Roast Veggie Pearl Couscous

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Peeled & Chopped Pumpkin



Pearl Couscous



Chicken-Style Stock Powder



Garlic



Lemon



Greek-Style Yoghurt



Chermoula Spice Blend



Pork Loin Steaks



Parsley

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
 Ready in: 30-40 mins

Calorie Smart

These juicy pork steaks are slathered in a chermoula-spiced yoghurt before they go in the pan, and are served on a delightfully doughy pearl couscous salad. A drizzle of yoghurt adds the finishing touch, offering the perfect balance of richness and acidity.

### Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
carrot	1	2
peeled & chopped pumpkin	1 small bag	1 medium bag
pearl couscous	1 medium packet	1 large packet
water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
garlic	1	2
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
chermoula spice blend	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
parsley	1 bag	2 bags
butter*	10g	20g

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2556kJ (610Cal)	438kJ (104Cal)
Protein (g)	51.1g	8.8g
Fat, total (g)	10.3g	1.8g
- saturated (g)	5g	0.9g
Carbohydrate (g)	72.3g	12.4g
- sugars (g)	20.7g	3.5g
Sodium (mg)	977mg	167mg

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 **240°C/220°C fan-forced**. Cut the **brown onion** into thick wedges. Thickly slice the **carrot** into half-moons. Place the **onion, carrot** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



### Cook the pork

In a medium bowl, combine the **honey, chermoula spice blend**, remaining **yoghurt** and a pinch of **salt** and **pepper**. Add the **pork loin steaks** and turn to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Set aside on a plate and cover with foil to rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**TIP:** Pork can be served slightly blushing pink in the centre.



### Cook the pearl couscous

While the veggies are roasting, heat a drizzle of **olive oil** in a large saucepan over a medium-high heat. Toast the **pearl couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **water** and **chicken-style stock powder**. Reduce the heat to medium and simmer, stirring occasionally, until the couscous is tender and the water is absorbed, **10-15 minutes**.



### Toss the couscous

Roughly chop the **parsley**. Transfer the roast **veggies** to the saucepan with the **couscous**, gently tossing to combine. Add the **lemon zest, parsley** and the **butter**. Stir to combine, until the butter is melted.



### Make the yoghurt

Finely chop the **garlic**. Zest the **lemon** to get a generous pinch and slice into wedges. In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** (save a dollop for the pork!) and a squeeze of **lemon juice** to the **garlic oil mixture** and combine. Season to taste.



### Serve up

Slice the chermoula pork. Divide the roast veggie pearl couscous between plates. Top with the chermoula pork. Drizzle the garlic-lemon yoghurt and any resting juices over the pork. Serve with any remaining lemon wedges.

Enjoy!

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