



Chermoula Pork with Turmeric Brown Rice & Veggies

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2046kJ (489Cal) | Protein 43.2g | Fat, total 27.2g - saturated 2.9g | Carbohydrate 14.7g - sugars 11.7g | Sodium 489mg
Naturally gluten-free (Not suitable for coeliacs) | **Calorie Smart**

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2020 | WK40 | V

Get ready

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'll need (along with the basics)



Large Frying Pan

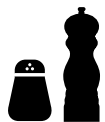


Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 pkt	1 pkt
Dill & Parsley Mayonnaise	1 pkt (50g)	1 pkt (100g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Chermoula Spice Blend



Pork Loin Steaks

2. Fry



Roasted Almonds



Lemon



Trimmed Green Beans

3. Toss



Brown Pilau Rice with Turmeric



Baby Spinach Leaves



Currants



Dill & Parsley Mayonnaise

- Grab a bowl and combine **chermoula spice** and a **drizzle** of **olive oil**
- Add **pork, season** and toss
- Heat **olive oil** in a large frying pan over medium-high heat
- Cook **pork** until cooked through, **3-4 mins** each side
- Transfer to a plate

- Meanwhile, chop **almonds**
- Cut **lemon** into wedges
- Return frying pan to high heat with **olive oil**
- Add **beans** with a **good splash** of **water** and cook, tossing, until tender, **2-3 mins**
- **Season**

- Add **rice, spinach, currants** and a **squeeze** of **lemon** juice to pan
- Toss until heated, **2-3 mins**
- Plate up **rice, pork** and any **resting juices**
- Top with **mayo** and **almonds**
- Serve with **remaining lemon**

