



Lemon Pepper Pork with Roast Veggie Couscous

FRESH & FAST Box to plate: 15 mins Eat me early

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2200kJ/526 Cal | Protein 43.5g | Fat, total 23.6g - saturated 3.1g | Carbohydrate 33.3g - sugars 9.2g | Sodium 711mg

Contact us | Hello@HelloFresh.com.au
2020 | WK20 | **W**

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)



Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 pkt	1 pkt
Seasonal Veggie Mix	1 bag (150g)	2 bags (300g)
Dill & Parsley Mayonnaise	1 pkt (50g)	1 pkt (100g)
Couscous with Roasted Vegetables	1 pkt	2 pkts

Allergens

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

1. Sizzle



Pork Loin Steaks



Lemon Pepper Spice Blend

2. Toss



Seasonal Veggie Mix



Baby Spinach Leaves



Spring Onion

- Heat a **drizzle** of **olive oil** in a frying pan over a medium-high heat
- Place **pork** and **lemon pepper** in a bowl. **Drizzle** with **olive oil**, **season** and toss
- Cook **pork** until cooked through, **3-4 mins** each side. Set aside to rest



- Return frying pan to a medium-high heat with a **drizzle** of **olive oil**
- Add **veggie mix** and cook, tossing, until tender, **4-5 mins**
- Chop **baby spinach**
- Slice **spring onion**



3. Zap



Couscous with Roasted Vegetables



Dill & Parsley Mayonnaise

- Meanwhile, prick holes in **couscous** packet. Zap in microwave until steaming, **1 min**. Add **couscous** and **spinach** to **veggies** in pan
- **Drizzle** with **oil**, season and toss
- Plate up **couscous** and **pork**
- Dollop over the **mayo** and garnish with **spring onion**

