

















Mediterranean Pork Couscous Bowl

with Fetta Salsa & Pickled Onion

Grab your Meal Kit with this symbol 



-  Red Onion
-  Garlic
-  Carrot
-  Baby Spinach Leaves
-  Cucumber
-  Tomato
-  Fetta
-  Chicken Stock
-  Couscous
-  Chermoula Spice Blend
-  Greek Yoghurt
-  Pork Strips

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

The Mediterranean is home to sun, sea and glorious dishes like this! From the rainbow of veggies to the carrot couscous studded with spiced pork strips, this meal is simply delicious.

Pantry items
Olive Oil, Rice Wine Vinegar, 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
red onion	½	1
rice wine vinegar*	¼ cup	½ cup
garlic	1 clove	2 cloves
carrot	½	1
baby spinach leaves	1 bag (30g)	1 bag (60g)
cucumber	1	2
tomato	1	2
fetta	1 block (25g)	1 block (50g)
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	½ cube	1 cube
couscous	1 packet	2 packets
chermoula spice blend	1 sachet	2 sachets
Greek yoghurt	1 packet	1 packet
pork strips	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2300kJ (549Cal)	440kJ (105Cal)
Protein (g)	49.2g	9.4g
Fat, total (g)	16.0g	3.1g
- saturated (g)	8.9g	1.7g
Carbohydrate (g)	48.1g	9.2g
- sugars (g)	10.1g	1.9g
Sodium (g)	638mg	122mg

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. Get prepped

Thinly slice the **red onion** (see ingredients list). In a small bowl, combine the **rice wine vinegar** and a **good pinch** of **sugar** and **salt**. Scrunch the **red onion** in your hands, then add to the pickling liquid and cover with **enough water** to submerge. Stir to coat and set aside until serving. Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (see ingredients list). Roughly chop the **baby spinach leaves**. Finely chop the **cucumber** and **tomato**.



4. Cook the pork

Place the **pork strips**, **chermoula spice blend** and some **Greek yoghurt** (1 tbs for 2 people / 2 tbs for 4 people) in a bowl. **Drizzle** with **olive oil**, season with **pepper** and toss to coat. Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **pork strips** and cook until browned and cooked through, **2-3 minutes**.



2. Make the salsa

In a small bowl, combine the **cucumber**, **tomato** and crumble in the **fetta**. **Drizzle** with a little **olive oil** and toss to combine. Season to taste with **salt** and **pepper**.



5. Finish the couscous

Fluff the **couscous** up with a fork and stir through the **baby spinach**. Season to taste with **salt** and **pepper**.



3. Cook the carrot couscous

Melt the **butter** with a **drizzle** of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



6. Serve up

Drain the pickled onion. Divide the carrot couscous between bowls. Top with the chermoula pork and spoon over the remaining Greek yoghurt and the fetta salsa. Top with the pickled onion.

TIP: For the low-calorie option, serve with 1/2 the Greek yoghurt.

Enjoy!