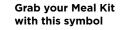
Mediterrean Pork Couscous Bowl

with Fetta Salsa & Pickled Onion



















Carrot

Baby Spinach





Cucumber

Tomato





Fetta

Chicken Stock





Couscous

Chermoula Spice Blend







Greek Yoghurt

Pork Strips

Pantry items

Olive Oil, Rice Wine Vinegar, Butter

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.

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	1/2	1	
rice wine vinegar*	⅓ cup	½ cup	
garlic	1 clove	2 cloves	
carrot	1/2	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** 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.



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.



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.



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.



5. Finish the couscous

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



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!