



# Mediterranean Pork & Creamy Pesto with Roast Veggie Couscous



Capsicum



Zucchini



Carrot



Brown Onion



Garlic



Creamy Pesto Dressing



Garlic &amp; Herb Seasoning



Lemon Pepper Seasoning



Pork Strips



Chicken-Style Stock Powder



Couscous



Flaked Almonds

Hands-on: 20-30 mins  
Ready in: 35-45 mins

The Mediterranean is home to all things sun, sea, and glorious dishes like this! Brimming with succulent pork strips, fluffy couscous, a rainbow of veggies and crunchy golden almonds, escape the ordinary with tonight's treat of a dinner.

Pantry items  
Olive Oil, 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
zucchini	1	2
carrot	1	2
brown onion	1	2
garlic	1 clove	2 cloves
creamy pesto dressing	1 packet (50g)	1 packet (100g)
water* (for the dressing)	2 tsp	1 tbs
garlic & herb seasoning	1 sachet	2 sachets
lemon pepper seasoning	1 sachet	2 sachets
pork strips	1 small packet	1 large packet
butter*	20g	40g
water* (for the couscous)	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	496kJ (118Cal)
Protein (g)	40.2g	6.3g
Fat, total (g)	38.6g	6g
- saturated (g)	10g	1.6g
Carbohydrate (g)	57g	8.9g
- sugars (g)	20.5g	3.2g
Sodium (mg)	1934mg	302mg

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](http://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 **220°C/200°C fan-forced**. Thinly slice the **capsicum**. Thickly slice the **zucchini** into half-moons. Thinly slice the **carrot** into half-moons. Cut the **brown onion** into thick wedges. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If the veggies don't fit in a single layer, spread across two trays.



### Get prepped

While the veggies are roasting, finely chop the **garlic**. In a small bowl, combine the **creamy pesto dressing** and the **water (for the dressing)**. In a medium bowl, combine the **garlic & herb seasoning**, **lemon pepper seasoning** and a drizzle of **olive oil**. Add the **pork strips**, tossing to coat. Set aside.



### Make the couscous

In a medium saucepan, melt the **butter** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **chicken-style stock powder**, then bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**.



### Add the roasted veggies

Fluff the **couscous** up with a fork. Add the **roasted veggies**, gently stirring to combine.



### Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **pork strips**, in batches, tossing until golden, **2-3 minutes**.

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



### Serve up

Divide the couscous and roast veggie toss between bowls. Top with the Mediterranean pork. Sprinkle with **flaked almonds**. Drizzle with the creamy pesto dressing to serve.

### Enjoy!

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