



# Chilli and Honey Glazed Pork Steak with Roasted Pepper, Couscous and Mint Yoghurt

**Rapid** 20 Minutes • Medium Spice • 2 of your 5 a day

15



Bell Pepper



Red Onion



Couscous



Chicken Stock  
Paste



Pork Loin  
Steak



Low Fat  
Natural Yoghurt



Mint



Honey



Chilli Flakes



Zhoug Style  
Paste

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, kettle, cling film, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Couscous <b>13)</b>	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Pork Loin Steak**	2	3	4
Low Fat Natural Yoghurt** 7)	75g	120g	150g
Mint**	1 bunch	1 bunch	1 bunch
Honey	15g	30g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Zhoug Style Paste	50g	75g	100g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	420g 2487 /594	100g 592 /141
Fat (g)	19.1	4.5
Sat. Fat (g)	4.1	1.0
Carbohydrate (g)	65.4	15.6
Sugars (g)	19.4	4.6
Protein (g)	40.6	9.7
Salt (g)	1.68	0.40

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Roast the Veg

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then halve them widthways. Halve, peel and cut the **onion** into 1cm thick slices.
- Pop the **pepper** and **onion** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 12-15 mins.



## Mint Yoghurt Time

- Meanwhile, pop the **yoghurt** into a small bowl and season with **salt** and **pepper**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Add the **mint leaves** to the **yoghurt**, stir together and set aside.



## Make the Couscous

- Fill and boil your kettle. Put the **couscous** in a bowl.
- Pour in the **boiled water for the couscous** (see pantry for amount) and stir in the **chicken stock paste**, then cover tightly with cling film.
- Leave the **couscous** to the side for 10 mins or until ready to serve.



## Bring on the Glaze

- Once the **pork** is cooked, remove the pan from the heat.
- Drizzle in the **honey** and sprinkle over the **chilli flakes** (use less if you'd prefer things milder).  
**TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.
- Turn the **pork steaks** to coat them in the **glaze**, then set the pan aside for a couple of mins to allow the **pork** to rest.
- In the meantime, fluff up the **couscous** with a fork and stir through the **zhoug**.



## Fry the Pork

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Season the **pork** with **salt** and **pepper**.
- Once hot, lay the **pork steaks** in the pan and fry until browned, 2-3 mins on each side.
- Reduce the heat to medium and fry for an additional, 4-6 mins, turning every couple of mins.  
**IMPORTANT:** Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.



## Finish and Serve

- When ready, cut the **pork** widthways into 5-6 pieces.
- Share the **zhoug couscous** between your bowls and top with the **roasted veg**.
- Lay the **glazed pork** on top.
- Drizzle over the **mint yoghurt** to finish.

Enjoy!