







More Than Food
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Coriander Spiced Pork with Couscous and Herby Salsa

Each month we nominate a HelloFresh hero - somebody who has gone above and beyond for someone at HelloFresh or for one of our customers, and this month it was none other than Damien. Damien was nominated for multiple reasons ... from catching a fainting woman, to driving to Ipswich from London to deliver a HelloFresh box on his day off ... and all with a smile on his face. What a hero!



30 mins



2 of your
5 a day



lactose
free



Pork Medallion (2)



Ground Coriander
(1 tbsp)



Water
(300ml)



Vegetable Stock Pot
(1/2)



Couscous (150g)



Vine Tomato (2)



Spring Onion (3)



Oregano
(1 bunch)



Flat Leaf Parsley
(1 bunch)



Dijon Mustard
(1/2 tsp)




Lemon (1/2)



Extra Virgin Olive Oil
(2 tbsp)

2 PEOPLE INGREDIENTS

- Pork Medallion **2**
- Ground Coriander **1 tbsp**
- Water **300ml**
- Vegetable Stock Pot **½**
- Couscous **150g**
- Vine Tomato, chopped **2**
- Spring Onion, sliced **3**
- Oregano, chopped **1 bunch**
- Flat Leaf Parsley, chopped **1 bunch**
- Dijon Mustard **½ tsp**
- Lemon **½**
- Extra Virgin Olive Oil **2 tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Coriander leaves have a fresh, lemony taste, while the seeds have sweet, nutty, warm and orange-like flavour.

Allergens: Celery, Sulphites, Gluten, Mustard.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbs | Sugar | Protein | Salt |
|--------------------|--------------------|------|----------|-------|-------|---------|------|
| Per serving | 613 kcal / 2581 kJ | 22 g | 7 g | 61 g | 7 g | 44 g | 2 g |
| Per 100g | 133 kcal / 558kJ | 5 g | 2 g | 13 g | 2 g | 9 g | 0 g |

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Your first job is to marinate the pork. Place the **pork** on a plate, drizzle over a glug of **oil** and season with **salt** and **pepper**. Sprinkle over half the **ground coriander** and massage into your **pork**. Keep to one side.

3



2 Next, bring the **water** (as specified in the ingredient list) to the boil in a pot. Dissolve the **vegetable stock pot** in the boiling **water** with a splash of **oil**. Pour in the **couscous**, cover the pot with a lid or plate, remove from the heat and leave for 10 mins.

3 It's now time to cook your **pork**. Heat a frying pan on medium-high heat and add a splash of **oil**. When the **oil** is hot, add your **pork** to the pan and cook for 5 mins on each side. Turn your **pork** every now and then to make sure that your **coriander marinade** doesn't burn and reduce the heat if necessary. **Tip:** *The pork is cooked when the centre is no longer pink. Allow your **pork** to rest for 2 mins when it comes out of the pan. **Tip:** This will make the meat more juicy and tender.*

4



4 Chop the **tomato** into ½cm chunks. Pop these into a bowl (they will form the base of your salsa). Remove the roots from the **spring onion** and slice as thinly as you can. Roughly chop the **oregano** and **parsley** leaves. Take half of your **spring onion**, half your **oregano** and half your **parsley** and add to the bowl with the **tomato**. Mix well and stir in the **Dijon mustard** (be careful the mustard is hot, so add less if you aren't a fan of heat!) juice of half of the **lemon**. Add a pinch of **salt** and then mix in the **extra virgin olive oil** (as specified in the ingredient list).

5



5 Whilst your pork is resting, mix your leftover **herbs**, remaining **ground coriander** and **spring onion** through your **couscous**. Check the seasoning and add more **salt** if needed. Squeeze in your remaining **lemon juice**.

6 Slice your **pork** widthways into five slices and then start to plate up. Spoon a generous amount of your **couscous** onto each plate. Top with your **pork** and finish with your **herby salsa**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!