



Honeyed Pork Steak

with Roasted Pepper, Couscous and Minty Yoghurt Drizzle

N° 17

BALANCED 20 Minutes • 1 of your 5 a day



Red Pepper



Red Onion



Natural Yoghurt



Mint



Pork Steak



Moroccan
Medley Couscous



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Pepper**	1	2	2
Red Onion**	1	1	2
Natural Yoghurt 7)**	75g	100g	150g
Mint**	1 bunch	1 bunch	1 bunch
Pork Steak**	2	3	4
Moroccan Medley Couscous 13)	1 pack	2 packs	2 packs
Water for the Couscous*	160ml	320ml	320ml
Honey	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	369g	100g
Energy (kJ/kcal)	1799/430	488/117
Fat (g)	8	2
Sat. Fat (g)	3	1
Carbohydrate (g)	51	14
Sugars (g)	20	5
Protein (g)	38	10
Salt (g)	1.07	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Veg

- Preheat your oven to 220°C.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, halve the strips widthways.
- Halve, peel and slice the **onion** into 1cm wide slices. Pop the **pepper** and **onion** pieces on a baking tray, drizzle with **oil** and season with **salt** and **pepper**.
- Toss to combine and spread out in an even layer. Roast on the top shelf of your oven until softened and slightly charred, 12-15 mins.



4. Make the Couscous

- Meanwhile, put the **couscous** in a bowl. Pour the **boiling water** for the couscous (see ingredients for amount) into the bowl, stir together, then cover tightly with cling film.
- Leave the **couscous** to the side for 5 mins or until ready to serve.



2. Make the Yoghurt

- Meanwhile, pop the **yoghurt** in 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.



5. Finish the Pork

- Once the **pork** is cooked, remove the pan from the heat.
- Drizzle the **honey** into the pan and turn the **pork** so it gets a nice coating of **honey**.
- Set the pan aside for a couple of minutes to allow the **pork** to rest.



3. Fry the Pork

- Fill and boil your kettle. Heat a drizzle of **oil** in a frying pan on medium high heat.
- While the **oil** heats up, season the **pork** on both sides with **salt** and **pepper**.
- Once hot, lay the **pork steaks** in the pan and fry for 4-5 mins on each side. **IMPORTANT: Wash your hands after handling raw meat.**
- The **pork** is cooked when no longer pink in the middle.



6. Finish and Serve

- As the **pork** rests, fluff up the **couscous** with a fork and spoon onto plates.
- Serve with the **pork** and **roasted veg** on top and drizzle over any **pork resting juices**.
- Drizzle over the **minty yoghurt sauce**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • High Protein

Featured Ingredient: Red pepper, is a source of Vitamin C, which acts as an antioxidant as it contributes to the protection of cells from oxidative stress. The body cannot make or store vitamin C, therefore it is essential to get enough from your diet.

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.