



PAN-FRIED PORK

with Mediterranean Veggies & Couscous



HELLO SOY SAUCE

This classic Asian liquid seasoning is called 'jiangyou' in China and 'shoyu' in Japan.



Orange



Soy Sauce



Pork Medallion



Red Onion



Red Pepper



Courgette



Flat Leaf Parsley



Balsamic Vinegar



Water



Chicken Stock Pot



Couscous

Soy sauce is a crucial ingredient for almost any Chinese cooking but today we're bringing a little bit of its oriental, umami magic to a more Mediterranean dish. Orange adds a taste of sunshine and the veggies keep things fresh.

40 mins

3 of your 5 a day

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Mixing Bowl**, some **Baking Paper**, a **Baking Tray**, **Small Saucepan** (with a **Lid**), **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan** and some **Foil**. Now, let's get cooking!



1 MARINATE THE PORK

Preheat your oven to 200°C. Zest and juice the **orange**. Put both the **zest** and **juice** in a mixing bowl. Add the soy sauce and a sprinkling of sugar if you have some. Mix together, then add the **pork** and make sure it is well coated in the marinade. Set aside to marinate while you prepare everything else.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **red onion** into half moons. Halve, then remove the core from the **pepper** and chop into 2cm pieces. Remove the top and bottom from the **courgette** and chop into 2cm chunks. Twist and tear the **parsley** bunch in half and roughly chop. Put the **pepper** and **courgette** on a lined baking tray and drizzle with **oil**. Season with **salt** and **black pepper**. Roast on the top shelf of your oven, 20-25 mins.



3 CARAMELISE THE ONION

Meanwhile, heat a drizzle of **oil** in a small saucepan on low heat and add the **onion**. Stir and cook until soft, 10 mins. Add the **balsamic vinegar** and cook gently until the **onion** is caramelised, another 10 mins. Put a lid on the pan, take it off the heat and set aside.



4 COOK THE COUSCOUS

In the meantime pour the **water** (amount specified in the ingredient list) into a large saucepan and add the **chicken stock pot**. Bring to the boil and stir to dissolve the **stock pot**, then add the **couscous** with a drizzle of **olive oil**. Take the pan off the heat, put a lid on and set aside so the **couscous** absorbs the **stock**.



5 PAN-FRY THE PORK

Heat a drizzle of **oil** in a frying pan on medium heat. Lay in the **pork** (leave the marinade in the bowl for now). Cook until slightly caramelised, 7-8 mins on each side. **★ TIP:** *The pork is cooked when it is no longer pink in the middle.* Remove from the pan and rest on a board for a few mins. Cover with foil to keep warm. Add the **marinade** to your now empty pan and simmer for 2 mins.



6 FINISH AND SERVE

Fluff up the **couscous** with a fork. Add the roasted **veggies**, the caramelised **onion** and **half** the **parsley**. Stir everything together. Slice the **pork** into roughly 1cm wide slices. Serve the **couscous** in bowls with the **pork** on top. Drizzle with a good spoonful of the **soy and orange sauce** and sprinkle on the remaining **parsley**. **Enjoy!**

2 PEOPLE INGREDIENTS

Orange	1/2
Soy Sauce 1) 6)	1 1/2 tbsp
Pork Medallion	2
Red Onion, sliced	1
Red Pepper, chopped	1
Courgette, chopped	1
Flat Leaf Parsley, chopped	1/2 small bunch
Balsamic Vinegar 12)	1 tbsp
Water*	300ml
Chicken Stock Pot	1/2
Couscous 1)	150g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	532	93
(kJ)	2255	393
Fat (g)	4	1
Sat. Fat (g)	1	0
Carbohydrate (g)	73	13
Sugars (g)	20	3
Protein (g)	50	9
Salt (g)	3.38	0.59

ALLERGENS

1)Gluten 6)Soya 12)Sulphites

Soy Sauce: Water, **Soy beans**, **Wheat**, Salt, Sodium Benzoate.

Vegetable Stock Pot: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.

Balsamic Vinegar: Wine Vinegar (Contains Sulphites), Concentrated Grape Must, Colour E150d

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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