

POMEGRANATE PORK

with Carrot & Courgette Salad and Dukkah Dressing





HELLO CARROT

Carrots were among the plants grown in the hanging gardens of Babylon in the 8th century BC.





Chicken Stock Powder





Pomegranate Glazed Pork Loin

Flat Leaf Parsley





Dukkah Spice Mix

15 mins



Rapid recipe

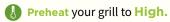
1.5 of your

Little heat

5 a day

This delicious 15-minute recipe is the perfect thing for busy evenings. To save you time, we've premarinaded the pork steaks in a sweet and sticky pomegranate sauce for a flavour that you can't beat. Served with fluffy couscous and a simple carrot and courgette salad tossed in a nutty dukkah dressing (dukkah is an Egyptian aromatic seed and nut mix that our chefs love to sprinkle over leafy salads, roasted vegetables, and in dips and dressings like this one), you can't go wrong with this fresh and flavoursome recipe.





🚯 Preheat you grill to High. 🖁 💽 Wash the veggies. 🕴 🜓 Make sure you've got a Measuring Jug, Large Saucepan (with a Lid), Baking Tray, some Foil, Fine Grater, Peeler and Mixing Bowl. Let's start cooking the Pomegranate Pork with Carrot & Courgette Salad and Dukkah Dressing.



MAKE THE COUSCOUS

- a) Pour the water (see ingredients for amount) and stock powder into a large saucepan and bring to the boil.
- b) When boiling, stir in the couscous, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



2 GRILL THE PORK

- a) Line a baking tray with foil. Place the pomegranate glazed pork loin in the centre, topped with any spare sauce from the packet.
- b) Grill on the top shelf for 6 mins on each side. Remove from the grill and leave to rest, covered with foil. **(1) IMPORTANT:** The pork is cooked when it is no longer pink in the middle!



3 PREP THE VEGGIES

- a) Meanwhile, roughly chop the parsley (stalks and all).
- **b)** Zest the **lemon** then cut into wedges.
- Repeat with the courgette to make more ribbons.



c) Trim the carrot then peel into ribbons.



4 SALAD TIME

- a) Pop half the dukkah and the olive oil (see ingredients for amount) into a small bowl and add a pinch of salt and pepper.
- b) Mix well to combine, this is your **dressing**. Put the carrot and courgette ribbons into a mixing bowl.
- c) Add the remaining dukkah, half the lemon juice, half the parsley, a drizzle of oil and a pinch of salt and pepper. Mix well to combine.



5 FINISH THE COUSCOUS

- a) Once the couscous is ready, fluff it up with a fork then add the remaining parsley, the lemon zest and a pinch of salt and pepper.
- b) Mix to combine then divide between plates. Slice the **pork** into 5 pieces then place on top of the **couscous**.
- c) Pour any grill pan juices on top of the pork.

6 SERVE

- a) Add the carrot and courgette salad on the side and drizzle the dressing all over the plates.
- b) Pop a **lemon wedge** on the edge.

Enjoy!

INGREDIENTS

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	2P	3P	4P
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Couscous 13)	150g	225g	300g
Pomegranate Glazed Pork Loin *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Carrot *	1	2	2
Courgette *	1	1½	2
Dukkah Spice Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 448G	PER 100G
Energy (kJ/kcal)	3092 /739	690 /165
Fat (g)	32	7
Sat. Fat (g)	9	2
Carbohydrate (g)	73	16
Sugars (g)	17	4
Protein (g)	38	9
Salt (g)	1.94	0.43

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS**

1) Peanut 2) Nut 3) Sesame 10) Celery 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.

THUMBS UP OR THUMBS DOWN?

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