



More Than Food
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Soy and Orange Glazed Pork with Mediterranean Veggies and Couscous

We love a bit of fruit on meat action! Everyone loves a bit of apple sauce on their pork, but if you've never had orange glazed pork, now's your chance. We adore the way it works with fluffy couscous and Mediterranean veggies.

40 mins

2 of your 5 a day

mealkit



Orange
(½)



Soy Sauce
(1½ tbsp)



Sugar
(½ tsp)



Pork Medallion
(2)



Red Onion
(1)



Red Pepper
(1)



Courgette
(1)



Flat Leaf Parsley
(½ bunch)



Balsamic Vinegar
(1 tbsp)



Water
(300ml)




Chicken Stock Pot
(½)



Couscous
(150g)

2 PEOPLE INGREDIENTS

- Orange **½**
- Soy Sauce **1½ tbsp**
- Sugar **½ tsp**
- Pork Medallion **2**
- Red Onion, sliced **1**
- Red Pepper, chopped **1**
- Courgette, chopped **1**
- Flat Leaf Parsley, chopped **½ bunch**
- Balsamic Vinegar **1 tbsp**
- Water **300ml**
- Chicken Stock Pot **½**
- Couscous **150g**

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

Did you know...
Chewing parsley can help cure bad breath!

Allergens: Soya, Gluten, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	600 kcal / 2530 kJ	21 g	7 g	61 g	8 g	43 g	2 g
Per 100g	138 kcal / 580 kJ	5 g	2 g	14 g	2 g	10 g	1 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract
Soy Sauce: Water, Soybeans, Wheat, Salt.



1 Preheat your oven to 200 degrees. Zest the **orange** and squeeze the **juice** into a large bowl (put the zest in the bowl too), add the **soy sauce** and the **sugar** (amount specified in the ingredient list) and mix together, this is your **soy and orange sauce!** Put the **pork** in the bowl, give everything a little stir until your **pork** is well coated in your **sauce**. Leave to the side to marinate while you prepare everything else.



2 Cut the **red onion** in half through the root, peel and slice thinly into half moon shapes. Remove the core from the **red pepper** and chop into roughly 2cm pieces. Chop the **courgette** into 2cm pieces. Roughly chop the **parsley**.



3 Put your **pepper** and **courgette** on a baking tray with a glug of **oil**, sprinkle over a good pinch of **salt** and a good grind of **pepper**. Give the tray a shake and pop in your oven on the top shelf for 20-25 mins, until cooked and slightly crispy.

4 Meanwhile, put your **onion** in a saucepan on low heat with a drizzle of **oil** and cook for 10 mins until soft. Add the **balsamic vinegar** and cook for another 10 mins on low heat. When your **onion** is soft and caramelised, put a lid on the pan, take it off the heat and leave to the side.



5 Put a pot of **water** on to boil (amount specified in the ingredient list) with the **chicken stock pot**. Stir to dissolve your **stock pot** and once boiling add the **couscous** and a drizzle of **olive oil**. Take the pot off the heat, put a lid on and leave to the side for your **couscous** to absorb the stock.

6 While everything else is cooking, put a frying pan on medium heat with a drizzle of **oil** and lay in your **pork**. Leave your **sauce** in the bowl. Fry for 7-8 mins on each side. **Tip:** The pork should caramelise slightly but if it starts burning, turn the heat right down. Once your **pork** is cooked, pop it on a chopping board and cover with foil to rest for a few mins. **Tip:** The pork is cooked when it is no longer pink in the middle. Add your **sauce** to the pan and simmer for 2 mins, then remove from the heat.

7 Fluff up your **couscous** with a fork, add your **veggies**, **caramelised onion** and half your **parsley** to the pot. Stir everything together. Slice your **pork** into roughly 1cm thick slices.

8 Serve your **couscous** in bowls with your **pork** on top and a good spoonful of your **soy and orange sauce**. Sprinkle your remaining **parsley** over the top. Enjoy!

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