



SOY & ORANGE PORK

with Mediterranean Vegetables and Couscous



HELLO ORANGE

Orange peel can be used by gardeners to sprinkle over vegetables as a slug repellent.



Orange



Soy Sauce



Pork Loin Steak



Red Pepper



Green Pepper



Courgette



Red Onion



Flat Leaf Parsley



Balsamic Vinegar



Chicken Stock Powder



Couscous

MEAL BAG
#4

40 mins

3 of your
5 a day

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.

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 the **sugar** (see ingredients for amount). 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 ROAST THE VEGGIES

Halve the **pepper(s)** and discard the core and seeds. Chop into 2cm pieces. Trim the **courgette** then quarter lengthways. Chop widthways into 2 cm pieces. Put the **pepper** and **courgette** on a lined baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the top shelf of your oven until soft and slightly charred, 25-30 mins. Halve, peel and thinly slice the **red onion**. Roughly chop the **parsley** (stalks and all).



3 CARAMELISE THE ONION

Heat a drizzle of **oil** in a small saucepan on medium heat and add the **onion**. Stir and cook until soft, 10 mins. Add the **balsamic vinegar**, lower the heat and cook gently until the **onion** is caramelised, another 10 mins. **★ TIP:** *Stir every now and then to make sure the onions aren't burning.* When done, put a lid on the pan, take it off the heat and set aside.



4 COOK THE COUSCOUS

Meanwhile, pour the **water** (see ingredients for amount) into a large saucepan and add the **stock powder**. Bring to the boil. When boiling, stir to dissolve the **stock powder** then 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.



5 PAN-FRY THE PORK

In the meantime, heat a drizzle of **oil** in a frying pan on medium heat. When hot, lay in the **pork** (leave the marinade in the bowl for now). Fry the **pork** until slightly caramelised, 6-7 mins on each side. **❗ IMPORTANT:** *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 warmed up **soy and orange marinade**, and sprinkle on the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Orange *	½	¾	1
Soy Sauce 11) 13)	1 sachet	1 sachet	2 sachets
Pork Loin Steak *	2	3	4
Red Pepper *	1	2	2
Green Pepper *	-	-	1
Courgette *	1	1	2
Red Onion	1	1	2
Flat Leaf Parsley *	½ bunch	1 bunch	1 bunch
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Couscous 13)	150g	225g	300g

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 531G	PER 100G
Energy (kcal)	586	110
(kJ)	2452	462
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	73	14
Sugars (g)	19	4
Protein (g)	41	8
Salt (g)	2.57	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

11) Soya 13) Gluten 14) Sulphites

🧼 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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