



# SHAWARMA-SPICED PORK

with Couscous and Peas

PREP: 5 MIN  
TOTAL: 30 MIN

LEVEL 1

NUT FREE



## INGREDIENTS:

	FOR 2 PEOPLE:	FOR 4 PEOPLE:
• Yellow Onion	1	1
• Cilantro	¼ oz	¼ oz
• Chicken Stock Concentrate	1	2
• Whole Wheat Couscous (Contains: Wheat)	½ Cup	1 Cup
• Pork Chops	12 oz	24 oz
• Shawarma Spice Blend	1 TBSP	2 TBSP
• Garlic	1 Clove	2 Cloves
• Lemon	1	1
• Greek Yogurt (Contains: Milk)	5.3 oz	10.6 oz
• Green Peas	4 oz	8 oz

## HELLO

### SHAWARMA SPICE

A mild, fragrant blend of cumin, coriander, and allspice

## NUTRITION PER SERVING

613 cal | Fat: 22 g | Sat. Fat: 8 g | Protein: 53 g | Carbs: 55 g | Sugar: 12 g | Sodium: 281 mg | Fiber: 10 g

## START STRONG

**Don't be afraid to crank your burner up high in step 3.** It'll help ensure that the pork chops are nicely browned and crusty on the outside while staying tender and juicy on the inside.



## BUST OUT

- Small pot
- Large ovenproof pan
- Small bowl
- Olive oil (2 tsp | 4 tsp)

### 1 PREHEAT AND PREP

#### Wash and dry all produce.

Preheat oven to 450 degrees. Halve, peel, and dice **onion**. Pick **leaves** from **cilantro** and discard stems. Roughly chop leaves.

### 2 MAKE COUSCOUS

Heat a drizzle of **olive oil** in a small pot over medium-high heat. Add **onion** and toss until softened, 3-4 minutes. Stir in **stock concentrate** and  $\frac{3}{4}$  **cup water** and bring to a boil. Add **couscous**, cover, and remove from heat.

### 3 COOK PORK

Heat a drizzle of **olive oil** in a large ovenproof pan over high heat. Season **pork** all over with **salt, pepper**, and **half the shawarma spice**. Add **pork** to pan and sear until browned but not cooked through, about 2 minutes per side. Transfer pan to oven and roast **pork** until cooked to desired doneness, 4-8 minutes.



### 4 MAKE YOGURT SAUCE

Meanwhile, mince or grate  $\frac{1}{2}$  **tsp garlic**. Halve **lemon**. In a small bowl, combine **yogurt**, remaining **shawarma spice**, a squeeze of **lemon**, and a pinch of **garlic** (to taste). Stir in **1 TBSP water** to give mixture a saucy consistency. Season with **salt** and **pepper**.

### 5 COOK PEAS AND FLUFF COUSCOUS

When **pork** is done, remove from pan and let rest 5 minutes. Place pan used for pork over low heat. Add **peas** and toss until heated through, 1-2 minutes. Fluff **couscous** with a fork and stir into **peas** along with a squeeze of **lemon**. Season with **salt** and **pepper**.

### 6 FINISH AND PLATE

Thinly slice **pork** and serve on a bed of **couscous**. Dollop with **yogurt sauce** and scatter with **cilantro leaves**.

## MAGICAL!

Yogurt sauce also makes a great dip for veggies and meats.