



# CORIANDER-SPICED PORK

with Fragrant Couscous and Herby Salsa

PRONTO



HELLO

## GROUND CORIANDER

This subtly sweet and aromatic spice is ground from coriander seeds

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 702



Pork Chops, boneless



Coriander, ground



Vegetable Broth Concentrate



Couscous



Roma Tomato



Green Onions



Parsley



White Wine Vinegar

## BUST OUT

- Large Non-Stick Pan
- Paper Towel
- Measuring Cup
- Small Bowl
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pork Chops, boneless 340 g | 680 g
- Coriander, ground 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2
- Couscous 1 ¾ cup | 1 ½ cup
- Roma Tomato 160 g | 320 g
- Green Onions 2 | 4
- Parsley 10 g | 20 g
- White Wine Vinegar 9 1 tbsp | 2 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.



## START STRONG

If you have some extra time to spare, marinate your pork for one hour in the fridge. This will allow the marinade to flavour the meat even more.



**1 PREP** Wash and dry all produce.\* Cut the **tomatoes** into ¼-inch cubes. Thinly slice the **green onions**, keeping the **green** and **white** parts separate. Roughly chop the **parsley**. Pat the **pork** dry with paper towels, then sprinkle each **chop** with **1 tsp ground coriander** (dbl for 4 ppl) all over. Season with **salt** and **pepper**. Set aside.



**4 MAKE SALSA** Meanwhile, in a small bowl, combine the **tomatoes**, **half the green onions greens**, **half the parsley**, **1 tbsp vinegar** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



**2 COOK COUSCOUS** Heat a medium pot over medium heat. When the pot is hot, add **½ tbsp oil** (dbl for 4 ppl), then **green onion whites**. Cook, stirring often, until softened, 1-2 min. Add **couscous**, **broth concentrate(s)**, **1 ½ cup water** (dbl for 4 ppl) and **remaining coriander**. Bring to a boil over high heat. Once boiling, remove pot from heat. Cover and let stand for 5 min.



**5 FINISH COUSCOUS** Fluff the **couscous** with a fork and stir in the **remaining green onion greens** and **remaining parsley**. Season with **salt** and **pepper**.



**3 COOK PORK** Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **pork**. Pan-fry until golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.\*\*)



**6 FINISH AND SERVE** Thinly slice the **pork**, then sprinkle over some **salt**. Divide the **couscous** between plates and top with the **seasoned pork** and **herby salsa**.

## FRESH!

Tangy salsa brightens up this tasty dish!