



Honeyed Pork Steak

with Roasted Pepper, Couscous & Mint Yoghurt

Rapid 20 Minutes • 1 of your 5 a day

14



Bell Pepper



Red Onion



Low Fat Natural Yoghurt



Mint



Couscous



Chicken Stock Paste



Pork Steak



Honey



Zhong Style Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Bowl, Kettle, Measuring Jug, Frying Pan, Tongs, Cling Film.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Low Fat Natural Yoghurt 7)**	75g	120g	150g
Mint**	1 bunch	1 bunch	1 bunch
Couscous 13)	120g	180g	240g
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Pork Steak**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	404g	100g
Energy (kJ/kcal)	2451/586	607/145
Fat (g)	19	5
Sat. Fat (g)	4	1
Carbohydrate (g)	64	16
Sugars (g)	17	4
Protein (g)	40	10
Salt (g)	1.67	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Roast the Veg

- Preheat your oven to 220°C.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, then halve the strips widthways. Halve, peel and slice the **onion** into 1cm wide slices.
- Pop the **pepper** and **onion** pieces on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to combine and spread out in an even layer.

d) Roast on the top shelf of your oven until softened and slightly charred, 12-15 mins.



Fry the Pork

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Meanwhile, season the **pork** on both sides with **salt** and **pepper**.
- Once hot, lay the **pork steaks** in the pan and fry for 4-5 mins on each side. **IMPORTANT:** Wash your hands after handling raw meat.



Mix the Yoghurt

- Meanwhile, pop the **yoghurt** into a small bowl and season with **salt** and **pepper**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).
- Add the **mint leaves** to the **yoghurt**, stir together and set aside.



Glaze the Pork

- Once the **pork** is cooked, remove the pan from the heat. **IMPORTANT:** The pork is cooked when no longer pink in the middle.
- Drizzle the **honey** into the pan and turn the **pork** so it is nicely coated.
- Set the pan aside for a couple of mins to allow the **pork** to rest.



Make the Couscous

- Fill and boil your kettle.
- Meanwhile, put the **couscous** and **chicken stock paste** in a bowl.
- Pour the **boiling water for the couscous** (see ingredients for amount) into the bowl, stir together, then cover tightly with cling film.
- Leave the **couscous** to the side for 8-10 mins or until ready to serve.



Finish and Serve

- While the **pork** rests, fluff up the **couscous** with a fork and stir through the **zhoug style paste**.
- Spoon the **couscous** onto plates.
- Serve with the **pork** and **roasted veg** on top.
- Drizzle over the **mint yoghurt**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.