



# POMEGRANATE PORK

with Carrot & Courgette Salad and Dukkah Dressing



## HELLO CARROT

*Carrots were among the plants grown in the hanging gardens of Babylon in the 8th century BC.*



Chicken Stock Powder



Couscous



Pomegranate Glazed Pork Loin



Flat Leaf Parsley



Lemon



Carrot



Courgette



Dukkah Spice Mix

MEAL BAG

15 mins

1.5 of your 5 a day

Little heat

Rapid recipe

This delicious 15-minute recipe is the perfect thing for busy evenings. To save you time, we've pre-marinated the pork steaks in a sweet and sticky pomegranate sauce for a flavour that you can't beat. Served with fluffy couscous and a simple carrot and courgette salad tossed in a nutty dukkah dressing (dukkah is an Egyptian aromatic seed and nut mix that our chefs love to sprinkle over leafy salads, roasted vegetables, and in dips and dressings like this one), you can't go wrong with this fresh and flavoursome recipe.

GET **PREPARED!**

Preheat your grill to **High**.

# BEFORE YOU START

🔥 **Preheat** your grill to **High**. 🧼 **Wash** the veggies. 🍴 **Make sure** you've got a **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Baking Tray**, some **Foil**, **Fine Grater**, **Peeler** and **Mixing Bowl**. Let's start cooking the **Pomegranate Pork with Carrot & Courgette Salad and Dukkah Dressing**.



## 1 MAKE THE COUSCOUS

- Pour the **water** (see ingredients for amount) and **stock powder** into a large saucepan and bring to the boil.
- When boiling, 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.



## 4 SALAD TIME

- Pop **half** the **dukkah** and the **olive oil** (see ingredients for amount) into a small bowl and add a pinch of **salt** and **pepper**.
- Mix well to combine, this is your **dressing**. Put the **carrot** and **courgette ribbons** into a mixing bowl.
- Add the remaining **dukkah**, **half** the **lemon juice**, **half** the **parsley**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Mix well to combine.



## 2 GRILL THE PORK

- Line a baking tray with foil. Place the **pomegranate glazed pork loin** in the centre, topped with any spare **sauce** from the packet.
- Grill on the top shelf for 6 mins on each side. Remove from the grill and leave to rest, covered with foil. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle!



## 5 FINISH THE COUSCOUS

- Once the **couscous** is ready, fluff it up with a fork then add the remaining **parsley**, the **lemon zest** and a pinch of **salt** and **pepper**.
- Mix to combine then divide between plates. Slice the **pork** into 5 pieces then place on top of the **couscous**.
- Pour any grill pan **juices** on top of the **pork**.



## 3 PREP THE VEGGIES

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Zest the **lemon** then cut into wedges.
- Trim the **carrot** then peel into ribbons. Repeat with the **courgette** to make more ribbons.



## 6 SERVE

- Add the **carrot** and **courgette salad** on the side and drizzle the **dressing** all over the plates.
- Pop a **lemon wedge** on the edge.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Couscous 13)	150g	225g	300g
Pomegranate Glazed Pork Loin *	2	3	4
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Carrot *	1	2	2
Courgette *	1	1½	2
Dukkah Spice Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 448G	PER 100G
Energy (kJ/kcal)	3092 / 739	690 / 165
Fat (g)	32	7
Sat. Fat (g)	9	2
Carbohydrate (g)	73	16
Sugars (g)	17	4
Protein (g)	38	9
Salt (g)	1.94	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 2) Nut 3) Sesame 10) Celery 13) Gluten

🧼 **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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