



PORK TAGINE

with Moroccan Mint Couscous and Toasted Almonds

PRONTO



HELLO

CHERMOULA

A Moroccan spice blend of cumin, cinnamon, paprika and cayenne

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 749



Ground Pork



Onion, chopped



Garlic



Mint



Almonds, sliced



Tomato Paste



Chermoula Spice Blend



Couscous



Chicken Broth Concentrate



Green Beans, trimmed



Mango Chutney

BUST OUT

- Large Non-Stick Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola Oil
- Small Pot
- Garlic Press

INGREDIENTS

2-person | 4-person

- Ground Pork 250 g | 500 g
- Onion, chopped 113 g | 227 g
- Garlic 10 g | 20 g
- Mint 10 g | 10 g
- Almonds, sliced 5 28 g | 56 g
- Tomato Paste 3 tbsp | 6 tbsp
- Chermoula Spice Blend 1 tbsp | 2 tbsp
- Couscous 1 ¾ cup | 1 ½ cup
- Chicken Broth Concentrate 2 | 4
- Green Beans, trimmed 170 g | 340 g
- Mango Chutney 2 tbsp | 4 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

Don't have a garlic press? Lay the garlic cloves on a chopping board, then place a chef's knife on top and press down firmly to crush. Finely chop the garlic.



1 PREP Wash and dry all produce.* In a small pot, bring **1 cup water** (double for 4 ppl) and **1 broth concentrate** (double for 4 ppl) to a boil over high heat. Roughly chop the **almonds**. Mince or grate the **garlic**. Cut the **green beans** into 1-inch pieces. Roughly chop **half the mint leaves** (all for 4 ppl).



4 START TAGINE Add a drizzle of **oil** to the same pan, then the **onions**. Cook, stirring occasionally, until softened, 2-3 min. Add the **pork** and **chermoula spice blend**. Cook, breaking up the pork into smaller pieces, until no pink remains, 4-5 min. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.**)



2 COOK COUSCOUS Once the **water** is boiling, remove the pot from the heat and stir in the **couscous**. Cover and let stand, until the couscous is tender and water has been absorbed, 5 min.



5 SIMMER TAGINE Stir the **green beans, mango chutney, garlic, tomato paste, remaining broth concentrate(s)** and **1 cup water** (double for 4 ppl) into the pan. Bring to a boil over high heat, then reduce the heat to medium-low. Simmer until the **tagine** is slightly thickened, 5-6 min. Season with **salt and pepper**.



3 TOAST ALMONDS Heat a large non-stick pan over medium heat. Add the **almonds** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer the almonds to a plate and set aside.



6 FINISH AND SERVE Fluff the **couscous** with a fork. Stir in the **almonds** and **mint**, then divide between plates. Top with the **tagine**.

BESSEHA!

One of the ways to say "bon appetit" in Morocco!