



Paprika Spiced Pork

with roast peppers and minty couscous

Family 30-35 mins

5



Pork Loin Steak



Garlic



Bell Pepper



Couscous



Chicken Stock



Passata



Mint



Almonds



Paprika



Ground Cumin



Onion

Pantry Items: Water, Sugar, Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pot with lid

Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Garlic	1 unit	2 units
Bell Pepper	1 unit	2 units
Couscous	100 g	250 g
Chicken Stock	1 sachet	2 sachets
Passata	1 pack	2 packs
Mint	5 g	10 g
Almonds	15 g	30 g
Paprika	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	466.5 g	100 g
Energy (kJ/kcal)	2066.9 kJ/ 494 kcal	443.1 kJ/ 105.9 kcal
Fat (g)	9.3 g	2 g
Sat. Fat (g)	1.5 g	0.3 g
Carbohydrate (g)	57.9 g	12.4 g
Sugars (g)	13.8 g	3 g
Protein (g)	42.4 g	9.1 g
Salt (g)	2 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

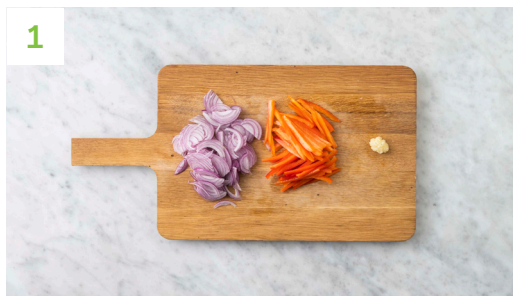
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



You can recycle me!



Get Prepped

- Halve, peel and thinly slice the **onion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.



Cook the Pork

- Return the pan to medium-high heat with a drizzle of **oil**.
- Season the **pork** with **salt** and **pepper**.
IMPORTANT: Wash hands and equipment after handling raw meat. Pork is cooked when no longer pink in the middle.
- Once the **oil** is hot, add the **pork steaks**. Fry until browned, 2-3 mins on each side.
- Reduce the heat to medium and fry for an additional 4-6 mins, turning every 1-2 mins.
- Once cooked, transfer to a plate, cover and allow to rest.



Make the Couscous

- Boil 200ml **water** (500ml for 4p) in a large pot.
- When boiling, remove from heat. Stir in **couscous** and **half** the **chicken stock powder**.
- Cover and leave aside for 8-10 mins or until ready to serve.
- Meanwhile, pick the **mint** leaves and roughly chop.
- Once the **couscous** is ready, fluff it up with a fork. Stir in a drizzle of **oil** along with **half** the **mint** leaves. Season with **salt** and **pepper**.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Sauce

- Return the pan to medium-high heat with a drizzle of **oil**.
- Fry the **onion** and **pepper** until softened, 4-5 mins.
- Add the **garlic**, **paprika** and **cumin** and cook for 1 min.
- Add 75ml **water** (double for 4p), **passata** and remaining **chicken stock powder**.
- Bring to the boil, lower heat to medium and simmer until the sauce has reduced by **half**, 5-7 mins. Stir occasionally. Season to taste with **salt**, **pepper** and **sugar**.

TIP: Add a splash of water if it's too dry.



Toast the Almonds

- Meanwhile, place a large pan over medium heat (no oil).
- Once hot, add the **almonds** and dry-fry, shifting regularly, until lightly toasted, 1-2 mins.
- Transfer to a bowl and set aside.

TIP: Watch them like a hawk as they can burn easily.



Plate and Serve

- Serve your **pork steaks** on a bed of fragrant **couscous**.
- Top with the sauce with a scattering of **almonds**.
- Finish with a sprinkling of the remaining **mint**.

Enjoy!