



# Ras-el-hanout Spiced Pork

with couscous, yoghurt and cranberry chutney

Calorie Smart Quick Cook 20 – 25 mins

12



Pork Mince



Couscous



Bell Pepper



Ras-el-Hanout



Yoghurt



Cranberry Chutney



Peas



Chopped Tomato with Onion & Garlic



Chicken Stock

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



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## 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

Pan with lid

## Ingredients

	2P	4P
Pork Mince	250 g	500 g
Couscous	100 g	250 g
Bell Pepper	1 unit	2 units
Ras-el-Hanout	2 sachets	4 sachets
Yoghurt	75 g	150 g
Cranberry Chutney	1 sachet	2 sachets
Peas	120 g	240 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Chicken Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>586.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2594.1 kJ/ 620 kcal	442.3 kJ/ 105.7 kcal
Fat (g)	19.7 g	3.4 g
Sat. Fat (g)	6.9 g	1.2 g
Carbohydrate (g)	70.5 g	12 g
Sugars (g)	25.2 g	4.3 g
Protein (g)	39.5 g	6.7 g
Salt (g)	2.9 g	0.5 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.

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### Make the Couscous

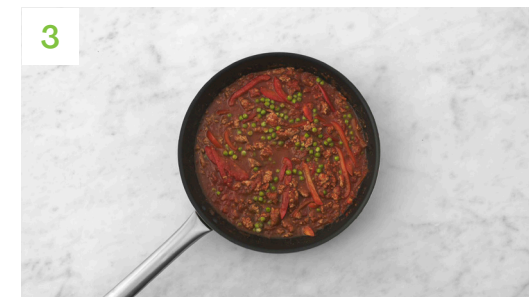
- Pour the **couscous** and **half** the **stock** into a bowl.
- Stir in 200ml boiling **water** (500ml for 4p).
- Cover with a plate or cling film.
- Leave aside for 10 mins or until ready to serve.

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



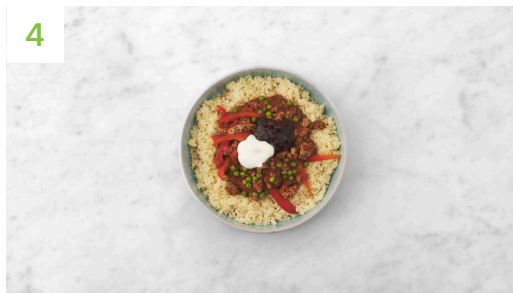
### Time to Fry

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **pepper** and **pork mince** and fry until browned, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Pork is cooked when no longer pink in the middle.
- Use a spoon to break up the **mince** as it cooks. Season with **salt** and **pepper**.



### Simmer the Sauce

- Add the **ras-el-hanout** and fry for 1 min more.
- Pour in the **chopped tomatoes**, remaining **stock** and ½ tsp **sugar** (double for 4p).
- Cover and simmer for 5-6 mins.
- Once simmered, stir through the **peas** and a knob of **butter**.
- Add a splash of **water** to loosen the sauce if you feel it's too thick. Season to taste with **salt** and **pepper**.



### Finish and Serve

- Fluff up the **couscous** with a fork and divide between bowls.
- Serve topped with **ras-el-hanout** spiced **pork**.
- Drizzle over the **cranberry chutney**.
- Finish with a dollop of **yoghurt**.

### Enjoy!