Harissa Butternut and Pork Bowl

with creamy cucumber salad

20 – 25 mins • Eat me first • Spicy

12

Diced Butternut Squash

Irish Pork Mince

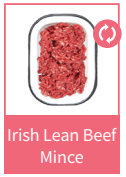
Cucumber

Tomato

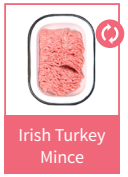
Harissa Spice Mix

Leek

Yoghurt



Irish Lean Beef Mince



Irish Turkey Mince

Irish Beef Mince

Pantry Items: Salt, Pepper, Oil

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2025-W31

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.

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

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P	6P
Diced Butternut Squash	300 g	600 g	900 g
Irish Pork Mince	240 g	480 g	720 g
Cucumber	1 unit	2 units	3 units
Tomato	1 unit	2 units	3 units
Harissa Spice Mix	1 sachet	2 sachets	3 sachets
Leek	1 unit	2 units	3 units
Yoghurt	110 g	220 g	330 g
Irish Lean Beef Mince	240 g	480 g	720 g
Irish Turkey Mince	250 g	500 g	750 g
Irish Beef Mince	240 g	480 g	720 g

Nutrition

for uncooked ingredient	Per 100 g	Recipe 1 Per 100 g	Recipe 2 Per 100 g	Recipe 3 Per 100 g
Energy (kJ/kcal)	314.1 kJ/ 75.1 kcal	263 kJ/ 63 kcal	242 kJ/ 58 kcal	348 kJ/ 83 kcal
Fat (g)	3.3 g	1.6 g	0.8 g	4 g
Sat. Fat (g)	1.2 g	0.6 g	0.3 g	1.8 g
Carbohydrate (g)	6.5 g	6.5 g	6.5 g	6.5 g
Sugars (g)	3.1 g	3.1 g	3.1 g	3.1 g
Protein (g)	5.5 g	6.3 g	6.9 g	5.6 g
Salt (g)	0.8 g	0.7 g	0.7 g	0.7 g

See site or app for detailed nutritional info.

Allergens

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

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Any questions? Contact our customer care team at hellofresh.ie/about/faq

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1

Roast the Butternut

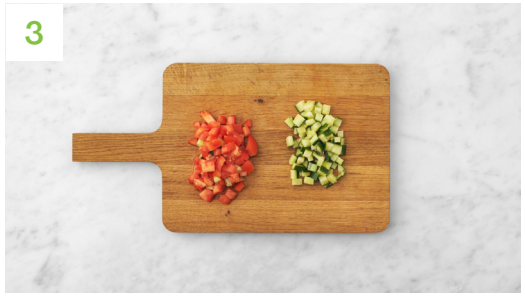
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Toss with **half** the **harissa**, **salt**, **pepper** and a drizzle of **oil**.
- Spread out in a single layer.
- When the oven is hot, roast on the top shelf until soft and golden, 18-20 mins. Turn the tray halfway through.

2

Fry the Mince

- Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **leek**, **pork** and remaining **harissa spice mix**. Season with **salt** and **pepper**.
- Cook, stirring, until browned and cooked through, 4-8 mins. IMPORTANT: Wash hands and equipment after handling raw pork. Pork is cooked when no longer pink in the middle.

3



Assemble the Salad

- Meanwhile, trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.
- Cut the **tomato** into 2cm chunks.
- Toss the **cucumber** and **tomato** with **yoghurt**. Season to taste with **salt** and **pepper**.

4

Finish and Serve

- Arrange the roasted **butternut**, pan-fried **pork** and tossed salad in bowls.

Enjoy!

CUSTOM OPTIONS

IRISH LEAN BEEF MINCE
Swapping to lean beef? Follow the recipe as written, replacing 'pork' with 'beef' where necessary.

IRISH TURKEY MINCE
Swapping to turkey mince? Follow the recipe as written, replacing 'pork' with 'turkey' where necessary.

IRISH BEEF MINCE
Swapping to beef mince? Follow the recipe as written, replacing 'pork' with 'beef' where necessary.