



Pork Tenderloin and Olive-and-Tomato Braised Halloumi

with Orzo and Sweet Pepper Aioli

Special 40 Minutes



Pork Tenderloin
340 g | 680 g



Halloumi Cheese
1 | 2



Orzo
170 g | 340 g



Sweet Bell Pepper
1 | 2



Mirepoix
113 g | 227 g



Baby Spinach
56 g | 113 g



Parsley
7 g | 14 g



Mixed Olives
30 g | 60 g



Crushed Tomatoes with Garlic and Onion
1 | 2



Mediterranean Spice Blend
1 tbsp | 2 tbsp



Chicken Stock Powder
1 tbsp | 2 tbsp



Roasted Pepper Pesto
1/4 cup | 1/2 cup



Yogurt Sauce
3 tbsp | 6 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Ingredient quantities 56 g | 113 g
2 person 4 person

Pantry items | Oil, unsalted butter, sugar, salt, pepper

Cooking utensils | Baking sheet, measuring cups, measuring spoons, medium non-stick pan, paper towels, parchment paper, small bowl, strainer

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Sear pork and prep peppers

- Before starting, preheat the oven to 450°F.
- Add 8 cups water and 1 tsp salt to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Heat a medium non-stick pan over medium-high heat. While the pan heats, pat **pork** dry with paper towels. Season with **half the Mediterranean Spice Blend salt and pepper**.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown all over, 6-8 min.

2



Roast pork and cook peppers

- While **pork** sears, core, then cut **pepper** into ½ -inch pieces.
- Transfer **pork** to a parchment-lined baking sheet. Reserve fat in pan. Roast **pork** in the **top** of the oven until cooked through, 14-16 min.**
- While **pork** roasts, reheat the same pan over medium. Add **peppers**. Season with **salt and pepper**. Cook, stirring often until tender-crisp and lightly golden, 3-4 min.
- Transfer **peppers** to a plate and cover to keep warm.

3



Cook orzo and finish prep

- Meanwhile add **orzo** to the **boiling water**. Cook uncovered, stirring occasionally, until tender, 12-14 min.
- While **orzo** cooks, drain **olives**.
- Cut **halloumi** into ½-inch cubes.
- Using a strainer, rinse **halloumi** in **cold water**, then pat dry with paper towels.
- Roughly chop **spinach**.
- Roughly chop **parsley**.
- Add **yogurt sauce**, **half the parsley** to a small bowl. Season with **salt and pepper**. Stir to mix.

4



Start braise and finish orzo

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil** and **mirepoix**. Cook, stirring often, until **veggies** are golden and beginning to soften, 2-4 min.
- Reserve ¼ **cup** (½ cup) **pasta water**, then drain and return **orzo** to the same pot, off heat.
- Add **peppers**, **remaining parsley**, **remaining Mediterranean Spice Blend**, **reserved pasta water** and **1 tbsp** (2 tbsp) **butter** to **orzo**. Stir to mix. Cover to keep warm.

5



Finish braise and rest pork

- Add **crushed tomatoes**, **stock powder**, **halloumi**, **olives**, **pesto**, ¼ **tsp** (½ **tsp**) **sugar** and ¼ **cup** (½ cup) **water** to **mirepoix**. Cook, stirring occasionally, until **braise** thickens slightly and **halloumi** is tender, 4-5 min.
- Once **pork** is cooked, transfer **pork** to a cutting board. Loosely cover with foil and set aside to rest, 5 min.
- Remove **braise** from heat. Add **spinach** and any **pork juices** from baking sheet. Stir until **spinach** is wilted, 30 sec.

6



Finish and serve

- Thinly slice **pork**.
- Divide **orzo** and **braised halloumi** between plates. Top with **pork**.
- Spoon **yogurt sauce** over **pork**.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.