

Hello  
FRESH



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## Pork Shawarma Bowl

with Cucumber-Lemon Couscous, Red Cabbage Slaw and Tahini Sauce

We sprinkled juicy pork chops with a shawarma spice blend and added some traditional Middle Eastern fixin's — tahini and pickled cabbage! — to create this delicious dinner bowl.

 Prep  
30 min



Pork Chops



Couscous



Red Cabbage



Garlic



Onion



Lemon



Shawarma Spice  
Blend



Chicken Broth  
Concentrate



Mini Cucumbers



Parsley



Tahini

## Ingredients

	2 People	4 People
Pork Chops	1 pkg (340 g)	2 pkg (680 g)
Couscous	1 pkg (113 g)	2 pkg (227 g)
Red Cabbage, shredded	1 pkg (113 g)	2 pkg (227 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Lemon	1	2
Shawarma Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Chicken Broth Concentrate	1 pkg	2 pkg
Mini Cucumbers	2	4
Parsley	1 pkg (10 g)	1 pkg (10 g)
Tahini	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Sugar*	½ tsp	1 tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Sesame/Sésame

## Tools

Kettle, Zester, 2 Large Bowls, Measuring Spoons, Large Pan, Measuring Cups

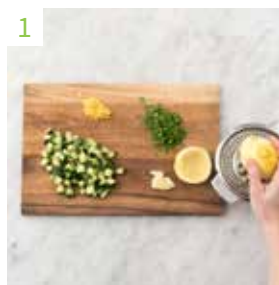
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**Nutrition per person** Calories: 607 cal | Fat: 18 g | Protein: 50 g | Carbs: 36 g | Fibre: 15 g | Sodium: 699 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

1



**1 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Finely chop the **parsley**. Chop the **cucumbers** into ½-inch cubes. Zest, then juice the **lemon(s)**. Boil a kettle of **water**.

2



**2 Make the cabbage slaw:** In a large bowl, stir the **cabbage** with **3 tbsp lemon juice** (double for 4 people), **sugar** and a drizzle of **oil**. Season with **salt** and **pepper**. Set aside.

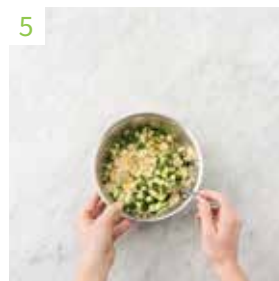
4



**3 Start the couscous:** Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **couscous**. Cook, stirring occasionally, until the onion is golden-brown, 7-8 min. Transfer to another large bowl. Add the **broth concentrate(s)** and **¾ cups boiling water** (double for 4 people). Cover and set aside.

**4 Cook the pork chops:** Meanwhile, season the **pork** with **2 tsp spice blend** (double for 4 people), **salt** and **pepper**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the pork. Cook until golden-brown and cooked to desired doneness, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Transfer to a plate.

5



**5 Finish the couscous and make the tahini sauce:** Meanwhile, add the **cucumber, parsley** and **lemon zest** into the **couscous**. Stir to combine. In a small bowl, combine the **tahini** with the **garlic**, **1½ tbsp water** (double for 4 people), **remaining spice blend** and **remaining lemon juice**. Season with **salt** and **pepper**.

**6 Finish and serve:** Thinly slice the **pork** and serve on a bed of **couscous**. Drizzle with the **tahini sauce**, then top with the **cabbage slaw**. Enjoy!

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