



CORIANDER-SPICED PORK

with Couscous and Herb Salsa

PRONTO



HELLO

GROUND CORIANDER

This subtly sweet and aromatic spice is ground from coriander seeds.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 553



Pork Chops,
boneless



Coriander,
ground



Vegetable Broth
Concentrate



Couscous



Roma Tomato



Green Onions



Parsley



White Wine
Vinegar

BUST OUT

- Aluminum Foil
- Paper Towel
- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- Medium Pot
- Small Bowl
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Pork Chops, boneless 340 g | 680 g
- Coriander, ground 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2
- Couscous 1 ¾ cup | 1 ½ cup
- Roma Tomato 160 g | 320 g
- Green Onions 2 | 4
- Parsley 10 g | 20 g
- White Wine Vinegar 9 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 71°C/160°F.

START STRONG

If you have some extra time to spare, marinate your pork for one hour in the fridge. This will allow the marinade to flavour the meat even more.



1 PREP

Wash and dry all produce.* Cut the **tomatoes** into ¼-inch cubes. Thinly slice the **green onions**, keeping the **green** and **white** parts separate. Roughly chop the **parsley**. Pat the **pork** dry with paper towels, then sprinkle each chop with **1 tsp ground coriander** (double for 4 ppl) all over. Season with **salt** and **pepper**. Set aside.



4 MAKE SALSA

Meanwhile, in a small bowl, combine the **tomatoes**, **half the green onions greens**, **half the parsley**, **1 tbsp vinegar** (double for 4 ppl) and **2 tbsp oil** (double for 4 ppl). Season with **salt** and **pepper**.



2 COOK COUSCOUS

Heat a medium pot over medium heat. Add a drizzle of **oil**, then the **green onion whites** and **couscous**. Cook, stirring occasionally, until the onion whites soften, 2-3 min. Add the **broth concentrate(s)**, **¾ cup water** (double for 4 ppl) and **remaining coriander**. Bring to a boil over high heat. Once boiling, remove the pot from the heat. Cover and let stand for 5 min.



5 FINISH COUSCOUS

Fluff the **couscous** with a fork and stir in the **remaining green onion greens** and **remaining parsley**. Season with **salt** and **pepper**.



3 COOK PORK

Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **pork**. Pan-fry until golden-brown and cooked through, 4-6 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **couscous** between plates and top with the pork and **salsa**.

FRESH!

Tangy salsa brightens up this tasty dish!