

MARLEY SPOON



Sticky Glazed Pork

with Herb Couscous Salad



20-30min



2 Portions

Tender pork gets laced with a chilli spice mix and sweet honey to create a sticky and lightly caramelised steak. We team it with a speedy lemon, herb and tomato couscous salad that goes wonderfully well with the sweet pork steaks.

What we send

- roma tomatoes
- free-range pork neck steak
- lemon
- MHP_15_08 (coriander; mint and banana shallot 1)
- pork marinade spice mix (oregano, mild chilli, cumin, sweet paprika)
- couscous ¹

What you'll require

- extra virgin olive oil
- Australian honey
- mustard ¹⁷
- sea salt and pepper

Utensils

- chargrill or frypan
- grater
- Kettle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 705.0kcal, Fat 29.7g, Proteins 42.4g, Carbs 61.8g



1. Marinate pork

Bring a kettle of water to boil for the couscous. Finely grate the **lemon** into a large bowl. Add 2 tsp **honey**, 1 tbs **oil**, 1 tsp **mustard**, 2 tsp **spice mix** and season with **salt and pepper**. Add the **pork** and turn to coat.



2. Cook couscous

Meanwhile, place **couscous** in a heatproof bowl. Add 250ml (1 cup) boiling water and stir. Cover and stand for 10 mins or until tender. Fluff with a fork.



3. Make dressing

Meanwhile, juice the **lemon**. Whisk juice in a bowl with 2 tsp **honey**, 2 tbs **oil** and season with **salt and pepper**.



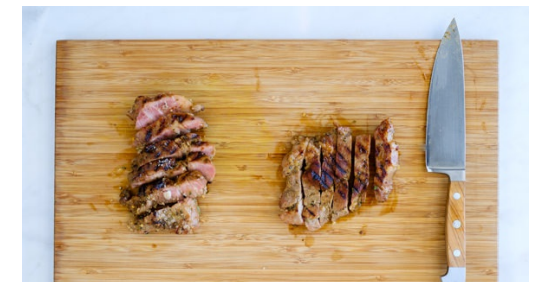
4. Prepare salad

Very thinly slice the **shallot**. Finely chop the **tomatoes**. Pick the **mint** and **coriander** leaves (discard stems). Reserve some leaves for garnish and coarsely chop the rest.



5. Assemble salad

Stir the **shallot**, **tomatoes** and **herbs** through the **couscous**. Add the **dressing** and stir well. Season with **salt and pepper** to taste.



6. Chargrill pork

Heat a chargrill pan over medium heat. Cook the **pork steaks** for 3-4 mins each side. Rest for 2 mins. Thickly slice across the grain. Serve with the **couscous** and garnish with reserved **herbs**.