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## Soy and Orange Glazed Pork with Mediterranean Veggies and Couscous

In this Top Chef recipe you will learn how to glaze pork in your own humble kitchen! Glazing is a flavour boosting technique – that also gives your dish a glossy appearance. In this recipe we have actually used the marinade to create the glaze which saves time! Try simmering your pork marinade on low heat in a pan to create a beautiful thick and glossy glaze, packed with flavour. In terms of food safety, it is important to note that if you soak meat in a marinade, any leftover marinade should be thoroughly cooked before it is consumed to kill any harmful bacteria. We hope this recipe helps to sharpen your chef skills!



40 mins



family box



lactose free



1½ of your 5 a day



healthy



Orange (1)



Soy Sauce (3 tbsp)



Sugar (1 tsp)



Pork Medallion (4)



Red Onion (1)



Red Pepper (1)



Green Pepper (1)



Courgette (1)



Flat Leaf Parsley (1 bunch)



Balsamic Vinegar (1 tbsp)



Water (600ml)



Chicken Stock Pot (1)



Couscous (300g)


## 4 PEOPLE INGREDIENTS

- Orange **1**
- Soy Sauce **3 tbsp**
- Sugar **1 tsp**
- Pork Medallion **4**
- Red Onion, sliced **1**
- Red Pepper, chopped **1**
- Green Pepper, chopped **1**
- Courgette, chopped **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Balsamic Vinegar **1 tbsp**
- Water **600ml**
- Chicken Stock Pot **1**
- Couscous **300g**

**Allergens:** Soya, Gluten, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	600 kcal / 2530 kJ	21 g	7 g	61 g	8 g	43 g	2 g
Per 100g	138 kcal / 580 kJ	5 g	2 g	14 g	2 g	10 g	1 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Chewing parsley can help cure bad breath!

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

**Soy Sauce Ingredients:** Water, Soybeans, Wheat, Salt.



**1** Pre-heat your oven to 200 degrees. Zest the **orange** and squeeze out the **juice** into a large bowl (put the **zest** in the bowl too), add in the **soy sauce** and the **sugar** (as specified in the ingredient list) and mix it together. Put the **pork** in the bowl, give everything a little stir until your **pork** is covered in the mixture. Leave to the side to marinate while you prepare everything else.



**2** Cut the **red onion** in half through the root, peel and slice thinly into half moon shapes. Remove the cores from the **peppers** and chop into roughly 2cm pieces. Chop the **courgette** into 2cm pieces. Roughly chop the **parsley**.



**3** Put your **peppers** and **courgette** on a baking tray with a glug of **oil**, sprinkle over a good pinch of **salt** and a good grind of **pepper**. Give the tray a good shake and pop in your oven for 20-25 mins until cooked and slightly crispy.

**4** Meanwhile, put your **onion** in a saucepan on low heat with a drizzle of **oil** and cook for 10 mins until soft. Add the **balsamic vinegar** and cook for another 10 mins on low heat. When your onion is soft and caramelised, put a lid on the pan, take it off the heat and leave to the side until everything else is ready.



**5** Put a pot of **water** on to boil (the amount specified in the ingredient list) with the **stock pot**. Stir to dissolve your **stock pot** and once boiling add the **couscous** and a drizzle of **olive oil** to the pot. Take the pot off the heat, put a lid on and leave to the side for your couscous to absorb the stock.

**6** While everything else is cooking, put a frying pan on medium heat with a drizzle of **oil** and lay in your **pork**. Leave the marinade liquid behind. Fry for 7-8 mins on each side. **Tip:** The pork should caramelise slightly but if it starts burning, turn the heat right down. **Tip:** The pork is cooked when no longer pink in the middle. Once your **pork** has cooked, add the marinade liquid to the pan and bubble away for 2 mins. Remove from the heat and put your **pork** on a chopping board to rest for a couple of mins.

**7** Fluff up your **couscous** with a fork, add your cooked **veggies**, **caramelised onion** and half your **parsley** to the pot. Stir everything together. Slice your **pork** into roughly 1cm slices.

**8** Serve your **couscous** in bowls with your sliced **pork** on top and a good spoonful of **sauce**. Sprinkle your remaining **parsley** on top. Enjoy!

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