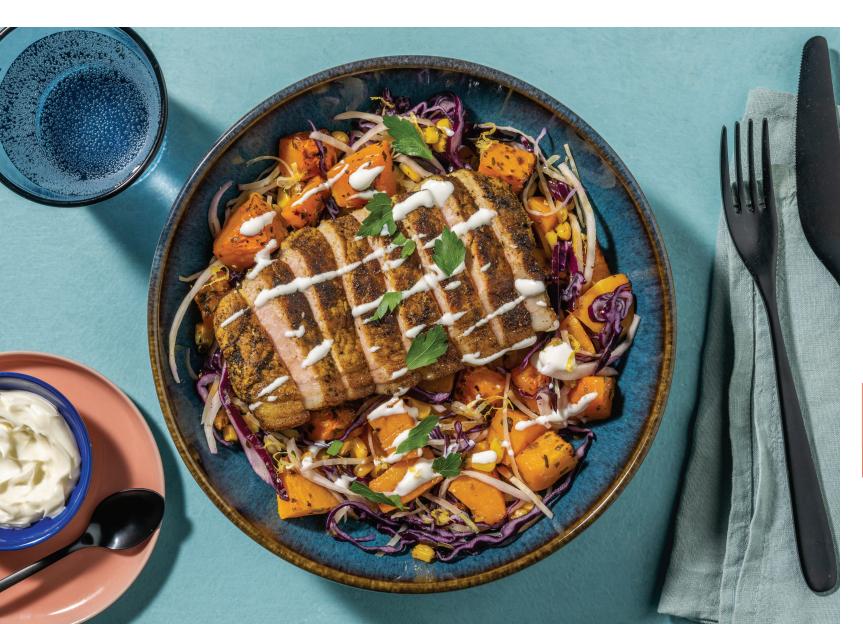


# Easy Creole Pork & Zesty Roast Pumpkin Slaw with Mayonnaise & Parsley

with this symbol









Sweetcorn







Creole Spice

Seasoning





Lemon





Steaks



Mayonnaise







Parsley

Prep in: 15-25 mins Ready in: 30-40 mins

**Carb Smart** 



Tonight is a celebration in a bowl, so get your knives and forks at the ready because once this dish hits the table it's party time. Let your tastebuds dance away to the showstopping pumpkin dressed in a zesty slaw. The real fun begins when you take a bite of creole pork, seared, sliced and drizzled in mayo.

**Pantry items** Olive Oil, Butter

### Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking paper · Large frying pan

### Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweetcorn	1 tin	1 tin	
peeled pumpkin pieces	1 bag (400g)	2 bags (800g)	
garlic & herb seasoning	1 sachet	1 sachet	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
Creole spice blend	1 sachet	1 sachet	
pork loin steaks	1 packet	1 packet	
butter*	15g	30g	
shredded cabbage mix	1 bag (150g)	1 bag (300g)	
mayonnaise	1 medium packet	1 large packet	
parsley	1 bag	1 bag	
chicken breast**	1 packet	1 packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2284kJ (546Cal)	406kJ (97Cal)
Protein (g)	43.6g	7.8g
Fat, total (g)	26.7g	4.7g
- saturated (g)	7.7g	1.4g
Carbohydrate (g)	26.6g	4.7g
- sugars (g)	15.7g	2.8g
Sodium (mg)	1359mg	242mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2346kJ (560Cal)	410kJ (97Cal)
Protein (g)	40.6g	7.1g
Fat, total (g)	29.8g	5.2g
- saturated (g)	8.5g	1.5g
Carbohydrate (g)	26.6g	4.6g
- sugars (g)	15.7g	2.7g
Sodium (mg)	1384mg	242mg
Dietary fibre	8.4g	1.5g

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns

2023 | CW27





## Roast the pumpkin

- Preheat oven to 220°C/200°C fan forced. Drain the sweetcorn.
- Place **peeled pumpkin pieces**, **corn** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Roast until tender, 20-25 minutes.



# Cook the pork & finish the veggies

- Return the frying pan to high heat with the butter and a drizzle of olive oil.
  When oil is hot, cook pork until cooked through, 3-4 minutes each side.
  Transfer to a plate, cover and rest for 5 minutes.
- To the bowl with the dressing, add roast veggies and shredded cabbage mix, then gently toss to combine. Season to taste.

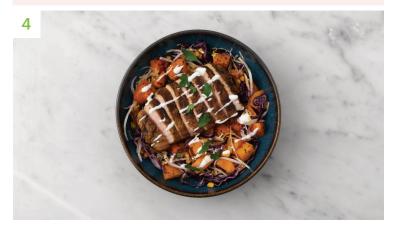
**Custom Recipe:** Return the frying pan to high heat with a drizzle of olive oil and the butter. When oil is hot, cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Continue with step.



# Get prepped

- Meanwhile, finely chop garlic. Zest lemon to get a good pinch, then slice into wedges.
- In a medium bowl, combine Creole spice blend, a drizzle of olive oil and a pinch of pepper. Add pork loin steaks and turn to coat. Set aside.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
  Cook garlic until fragrant, 1 minute. Transfer garlic oil to a large bowl.
- To the garlic oil, add lemon zest, a squeeze of lemon juice and a pinch of salt and pepper. Stir to combine and set aside.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour in the same way as the pork and continue with step.



### Serve up

- Slice the Creole pork.
- Divide roast pumpkin slaw between bowls. Top with pork.
- Drizzle with **mayonnaise** and tear over **parsley** to serve. Enjoy!

### Rate your recipe