



Easy Creole Pork & Zesty Roast Pumpkin Slaw

with Mayonnaise & Parsley

Grab your Meal Kit with this symbol



Sweetcorn



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Garlic



Lemon



Creole Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Mayonnaise



Parsley



Chicken Breast

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



Eat Me Early*
**Custom Recipe only*

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	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	½	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

*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



1



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**.

3



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.

2



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.

4



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!

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