



Easy Smokey Pork & Creamy Slaw

with Sesame Carrot Fries & Garlic Aioli

NEW

Grab your Meal Kit with this symbol



Carrot



Mixed Sesame Seeds



Celery



Sweetcorn



Louisiana Spice Blend



Pork Loin Steaks



Slaw Mix



Garlic Aioli



Chicken Breast

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

Carb Smart

Eat Me Early*

*Custom Recipe only

Give pork loin a dash of flair with a smoky Louisiana spice blend for a melody of robust flavours. Then, don't stop there. Ramp up your dish with a creamy aioli slaw tossed around with celery.

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

Pantry items

Olive Oil, White Wine Vinegar

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
carrot	2	4
mixed sesame seeds	½ large sachet	1 large sachet
celery	1 stalk	2 stalks
sweetcorn	1 tin	1 tin
Louisiana spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 large packet	2 large packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2113kJ (505Cal)	420kJ (100Cal)
Protein (g)	40.6g	8.1g
Fat, total (g)	30.3g	6g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	24.6g	4.9g
- sugars (g)	12.3g	2.4g
Sodium (mg)	1551mg	308mg
Dietary Fibre (g)	11.3g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2174kJ (520Cal)	424kJ (101Cal)
Protein (g)	37.6g	7.3g
Fat, total (g)	33.4g	6.5g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	24.6g	4.8g
- sugars (g)	12.3g	2.4g
Sodium (mg)	1576mg	307mg

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 | CW28



1



Bake the carrot fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **mixed sesame seeds (see ingredients)** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate, cover and rest for **5 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side.

2



Get prepped

- Meanwhile, thinly slice **celery**. Drain the **sweetcorn**.
- In a medium bowl, combine **Louisiana spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

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

4



Serve up

- In a large bowl, add **slaw mix**, celery, sweetcorn, a drizzle of **white wine vinegar** and half the **garlic aioli**. Toss to combine and season to taste.
- Slice smokey pork.
- Divide pork, sesame carrot fries and slaw between plates.
- Serve with remaining aioli. Enjoy!

Rate your recipe

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