



Easy All-American Pork & Roast Pumpkin Slaw

with Mayonnaise & Parsley

Grab your meal kit with this number

20



Sweetcorn



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Garlic



Lemon



All-American Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Mayonnaise



Parsley



Chicken Breast



Pork Loin Steaks

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 tender spiced pork, seared, sliced and drizzled in mayo.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium tin	1 large tin
peeled pumpkin pieces	1 medium packet	2 medium packets
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
lemon	½	1
All-American spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
butter*	15g	30g
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2339kJ (559Cal)	429kJ (103Cal)
Protein (g)	42.3g	7.8g
Fat, total (g)	26.1g	4.8g
- saturated (g)	7.5g	1.4g
Carbohydrate (g)	31.7g	5.8g
- sugars (g)	19.2g	3.5g
Sodium (mg)	1354mg	248mg
Dietary Fibre (g)	4.6g	0.8g

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.

1



Roast the pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Drain **sweetcorn**.
- Place **corn, peeled pumpkin pieces** 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

- 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 **garlic lemon dressing**, add **roast veggies** and **shredded cabbage mix**, then gently toss to combine. Season to taste.

2



Get prepped

- Meanwhile, finely chop **garlic**. Zest **lemon** to get a good pinch, then slice into wedges.
- In a medium bowl, combine **All-American 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE PORK LOIN STEAK

Follow method above, cook in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

