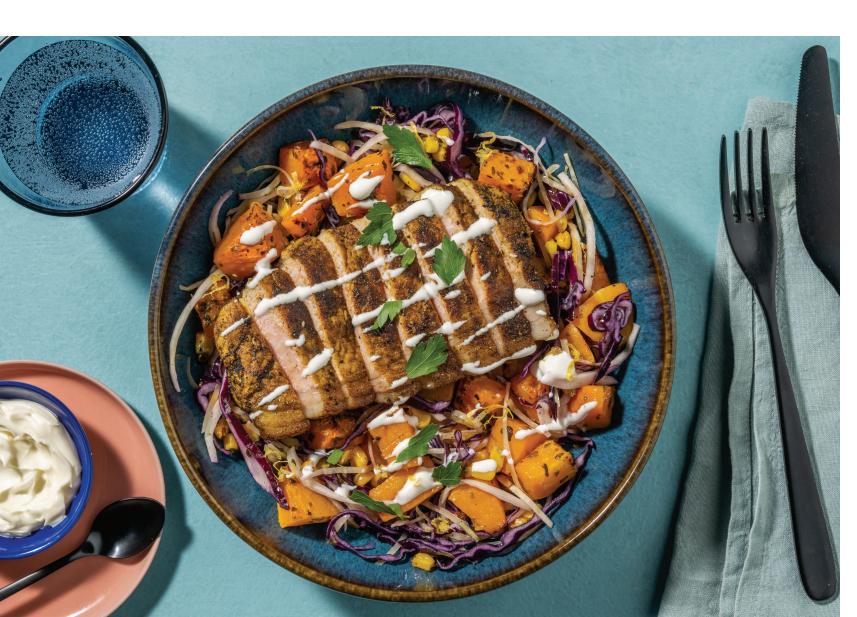


Easy All-American Pork & Roast Pumpkin Slaw with Mayonnaise & Parsley

Grab your meal kit with this number









Peeled Pumpkin



Seasoning









Lemon





Steaks









Pantry items Olive Oil, Butter

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



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.

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

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	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	1/2	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.



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.



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.



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.



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!









