



American Slow-Cooked BBQ Pork & Mash

with Apple Salad & Parsley

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

32



Carrot



Onion



Pork Scotch Fillet



All-American Spice Blend



BBQ Sauce



Apple



Potato



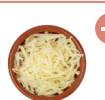
Mixed Salad Leaves



Parsley



Diced Bacon



Cheddar Cheese

Prep in: 20-30 mins
Ready in: 4-5 hours

If staying in with a cosy, hearty meal is on the menu for you tonight, then this dinner fits the bill. Let your slow cooker do the work, transforming pork scotch fillet and veggies into a flavourful delight. Dig in and enjoy a bowl of pure comfort.

Pantry items

Olive Oil, Plain Flour, Butter, Milk, Vinegar (White Wine or Balsamic)

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

Large frying pan · Slow cooker or ovenproof saucepan with a lid · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	1
pork scotch fillet	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 large packet	2 large packets
water*	¾ cup	1½ cups
apple	1	2
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (739Cal)	473kJ (113Cal)
Protein (g)	39.3g	6g
Fat, total (g)	34.4g	5.3g
- saturated (g)	16.2g	2.5g
Carbohydrate (g)	70g	10.7g
- sugars (g)	42.2g	6.5g
Sodium (mg)	1305mg	200mg
Dietary Fibre (g)	11g	1.7g

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

2024 | CW30



Prep the pork

- Roughly chop **carrot** and **onion** (see **ingredients**).
- Cut **pork scotch fillet** into 3cm chunks.
- In a medium bowl, combine **pork** and the **plain flour**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add **pork** and cook, until browned on all sides, **3-4 minutes**.
- Add **All-American spice blend** and cook until fragrant, **1 minute**.



Make the mash

- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Slow cook the pork

- Transfer **pork**, **carrot**, **onion**, **BBQ sauce** and the **water** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook until pork is tender, **4-5 hours**.

TIP: If you don't have a slow cooker, preheat oven to **200°C/180°C fan-forced**. Transfer mixture to an **ovenproof saucepan**, cover with lid (or tightly with foil) and bake until pork is tender, **90 minutes**.



Toss the salad

- Meanwhile, in a large bowl, combine **apple**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season to taste.



Get prepped

- When the pork has **20 minutes** remaining, boil the kettle.
- Thinly slice **apple** into wedges. Peel **potato** and cut into large chunks.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Serve up

- Divide American slow-cooked BBQ pork, potato mash and apple salad between plates.
- Spoon remaining sauce over pork and tear over **parsley** to serve. Enjoy!

CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to salad.



ADD CHEDDAR CHEESE

Add to mash.

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

