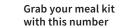


# All-American Pork & Creamy Slaw

with Sesame Carrot Fries & Garlic Aioli

HELLOHERO









Carrot

Mixed Sesam Seeds



Baby Leaves

Cucumber



All-American Spice Blend



Garlic Aioli

Slaw Mix

**O** 

Chicken Breast



Loin Steak



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

**Carb Smart** 



n: 30-40 mins

Give pork loin a dash of flair with a smokey All-American spice blend for a melody of robust flavours. Don't stop there! Ramp up your dish with a creamy slaw tossed around with cucumber. All you need now are some sesame-speckled veggie fries and a sauce to dip them in.

**Pantry items** 

Olive Oil, White Wine Vinegar

#### 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
carrot	2	4
mixed sesame seeds	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
cucumber	1 (medium)	1 (large)
All-American spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	½ large packet	1 large packet
*Pantry Items		

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2138kJ (510Cal)	411kJ (98Cal)
Protein (g)	40.9g	7.9g
Fat, total (g)	28.8g	5.5g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	26.8g	5.2g
- sugars (g)	14.9g	2.9g
Sodium (mg)	1194mg	230mg
Dietary Fibre (g)	8.1g	1.6g

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.



#### 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 and season with salt and pepper. Toss to coat, spread out evenly, then bake until tender, 20-25 minutes.



## Get prepped

- Meanwhile, roughly chop baby leaves and cucumber.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a
  medium bowl, combine All-American spice blend and a drizzle of olive oil.
  Add pork loin steaks and turn to coat.



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



## Serve up

- In a large bowl, add slaw mix, baby leaves, cucumber, a drizzle of white wine vinegar and half the garlic aioli (see ingredients). Toss to combine and season to taste.
- Slice All-American pork.
- Divide sesame carrot fries, slaw and pork between plates.
- · Serve with remaining aioli. Enjoy!







