

All-American Pork & Creamy Slaw

with Sesame Carrot Fries & Garlic Aioli

HELLOHERO

Grab your meal kit with this number

29



Carrot



Sesame Seeds



Baby Leaves



Cucumber



All-American Spice Blend



Pork Loin Steaks



Slaw Mix



Garlic Aioli



Chicken Breast



Pork Loin Steak

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



Protein Rich



Carb Smart

Give pork loin a dash of flair with 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
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)	2173kJ (519Cal)	416kJ (99Cal)
Protein (g)	40.9g	7.8g
Fat, total (g)	29.7g	5.7g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	27g	5.2g
- sugars (g)	15g	2.9g
Sodium (mg)	1206mg	231mg
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.

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 **sesame seeds** 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: Pork can be served slightly blushing pink in the centre.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW52

CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE PORK LOINS

Follow method above, cooking 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.

