



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



Pork Loin Steaks



All-American Spice Blend



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)
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
slaw mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	½ medium packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2091kJ (500cal)	401kJ (77cal)
Protein (g)	40.6g	7.8g
Fat, total (g)	29.4g	5.6g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	21.8g	4.2g
- sugars (g)	12.7g	2.4g
Sodium (mg)	1200mg	229.9mg
Dietary Fibre (g)	8.9g	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.

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: The spice blend will char slightly in the pan, this adds to the flavour!

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

2



Get prepped

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

4



Finish & serve

- In a large bowl, add **slaw mix**, baby spinach, 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

2025 | CW04



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.

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

