



BBQ-Glazed Pork Steak with Avocado Salad, Corn Chips & Jalapeños

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 3255kJ (778Cal) | Protein 49.1g | Fat, total 46.9g - saturated 17.6g | Carbohydrate 37.3g - sugars 17.3g | Sodium 1362mg
The quantities provided above are averages only.

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2023 | WK05 | U



Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 pkt	1 pkt
Shredded Cheddar Cheese	1 pkt (40g)	1 pkt (80g)
Pickled Jalapeños	1 pkt (40g)	1 pkt (80g)
Sour Cream	1 medium pkt	1 large pkt

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Pork Loin Steaks



Tex-Mex Spice Blend



BBQ Sauce

2. Chop



Avocado



Tomato



Lemon



Sweetcorn

3. Toss



Mixed Salad Leaves



Shredded Cheddar Cheese



Pickled Jalapeños (Optional)



Corn Chips



Coriander



Sour Cream

- Heat **olive oil** in a frying pan over medium-high heat
- Cook **pork** and **spice blend**, turning to coat, until cooked through, **3-4 mins** each side
- Add **BBQ sauce** and toss to coat. Set aside to rest

- Meanwhile, slice **avocado** in half and scoop out flesh
- Roughly chop **avocado** and **tomato**
- Halve the **lemon**
- Drain the **sweetcorn**

- In a bowl, combine **salad leaves**, **avocado**, **corn**, **tomato**, **cheese**, **jalapeños** (if using), a squeeze of **lemon juice** and a drizzle of **oil**. Season
- Slice the pork. Plate up **BBQ-glazed pork**, **avocado salad** and **corn chips**
- Tear over **coriander**. Serve with **sour cream** and any remaining **lemon** cut into wedges



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