



# Honey Cajun Pork & Veggie Fries

with Charred Corn Slaw & Garlic Dip

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Courgette



Chives



Sweetcorn



Cucumber



Creole Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Garlic Dip



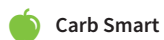
Chicken Breast



## Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 35-45 mins



Carb Smart



Eat Me Early\*

\*Custom Recipe only

Pork and veggies for dinner is fun, but let's really boost its appeal at the table by adding our Creole spice blend to coat the pork, then add in some charred corn, crunchy slaw and a pile of colourful veggie fries. Put it all together and you've got a very exciting dish to eat tonight!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, White Wine Vinegar



## Before you start

Wash your hands and any fresh food

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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
courgette	1	2
chives	1 bag	1 bag
sweetcorn	1 tin	2 tins
cucumber	1 (medium)	1 (large)
Creole spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
<b>butter*</b>	10g	20g
<b>honey*</b>	1 tsp	2 tsp
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
garlic dip	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1986kJ (474Cal)	343kJ (81Cal)
Protein (g)	39.9g	6.9g
Fat, total (g)	24.2g	4.2g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	21.5g	3.7g
- sugars (g)	15.4g	2.7g
Sodium (mg)	830mg	143mg
Dietary Fibre	8.1g	1.4g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2048kJ (489Cal)	347kJ (82Cal)
Protein (g)	36.9g	6.3g
Fat, total (g)	27.3g	4.6g
- saturated (g)	5.7g	1g
Carbohydrate (g)	21.5g	3.6g
- sugars (g)	15.4g	2.6g
Sodium (mg)	855mg	145mg
Dietary Fibre	8.1g	1.4g

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](https://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



## Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **courgette** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



## Cook the pork

- When the veggie fries have **10 minutes** remaining, return the frying pan to medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add the **butter** and **honey**, turning pork to coat.
- Transfer to a plate to rest for **5 minutes**.

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

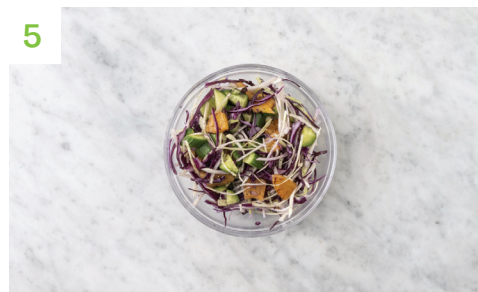
**Custom Recipe:** Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Add the butter and honey as above.



## Get prepped

- Meanwhile, thinly slice **chives**. Drain the **sweetcorn**. Roughly chop **cucumber**.
- In a medium bowl, combine **Creole spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Coat chicken in spice blend as above.



## Toss the slaw

- To the bowl of **charred corn**, add **cucumber**, **shredded cabbage mix** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Toss to combine.



## Char the corn

- Heat a large frying pan over high heat. Cook **sweetcorn**, tossing, until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Serve up

- Slice honey Cajun pork.
- Divide charred corn slaw, veggie fries and pork between plates. Spoon over any remaining sauce from the pan.
- Dollop with **garlic dip**. Garnish with chives to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)