



Caribbean Pork & Coconut Sauce

with Roast Veggie Toss

Grab your Meal Kit with this symbol



Kumara



Potato



Carrot



Beetroot



Garlic



Mild Caribbean Jerk Seasoning



Pork Loin Steaks



Coconut Milk



Baby Spinach Leaves



Chicken Breast

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Eat Me Early*
**Custom recipe only*

Calorie Smart*

We just can't get enough of this spiced pork and creamy coconut sauce combo, so we thought we'd spread the love and share it with you too! Pair it with a wholesome roast veggie toss for a truly lip-smacking dinner.

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

Pantry items
Olive Oil

Before you start

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 will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
potato	2	4
carrot	1	2
beetroot	1	2
garlic	1 clove	2 cloves
mild Caribbean jerk seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (646Cal)	377kJ (90Cal)
Protein (g)	44.1g	6.1g
Fat, total (g)	22.6g	3.1g
- saturated (g)	11.7g	1.6g
Carbohydrate (g)	59.3g	8.3g
- sugars (g)	25.1g	3.5g
Sodium (mg)	952mg	133mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2902kJ (694Cal)	383kJ (92Cal)
Protein (g)	40.2g	5.3g
Fat, total (g)	28g	3.7g
- saturated (g)	13.2g	1.7g
Carbohydrate (g)	62.8g	8.3g
- sugars (g)	26.1g	3.4g
Sodium (mg)	977mg	129mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Peel the **kumara**. Cut the **kumara, potato** and **carrot** into bite-sized chunks. Cut the **beetroot** into small chunks.

TIP: Leave the kumara unpeeled if you prefer.



Roast the veggies

Place the **kumara, potato, carrot** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Flavour the pork

While the veggies are roasting, finely chop the **garlic**. In a medium bowl, combine the **garlic**, 1/2 the **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat.

CUSTOM RECIPE

If you've swapped your pork loin for chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken as above.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **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: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

CUSTOM RECIPE

Heat the pan as above. Cook the chicken until cooked through (no longer pink inside), 3-5 minutes each side.



Make the sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the remaining **jerk seasoning** until fragrant, **1 minute**. Add the **coconut milk** and any **pork resting juices**, then season with **pepper**. Stir and cook until thickened slightly, **2-3 minutes**. Set aside. Toss the **baby spinach leaves** through the **roasted veggies** and season to taste.



Serve up

Slice the Caribbean pork. Divide the pork and roast veggie toss between plates. Spoon over the Caribbean coconut sauce to serve.

Enjoy!