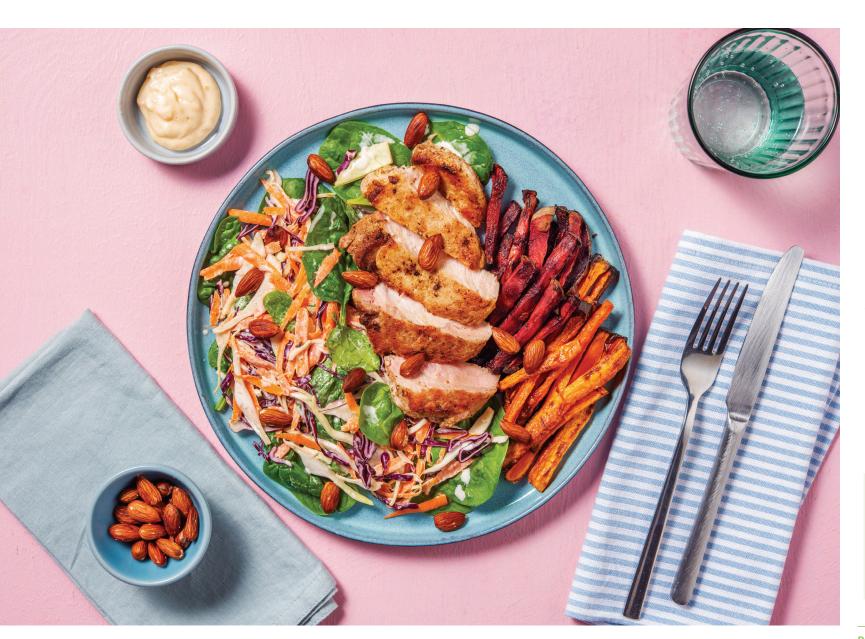


Easy Caribbean Pork & Veggie Fries with Mango Mayo Slaw & Roasted Almonds

Grab your Meal Kit with this symbol













Cucumber



Roasted Almonds





Mango Mayonnaise





Mild Caribbean Jerk Seasoning



Pork Loin Steaks

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, White Wine Vinegar

Hands-on: 15-25 mins Ready in: 30-40 mins



We've packed the signature flavours of the Caribbean into this pork dish with mild jerk seasoning and a crunchy cucumber slaw, but we think the homemade veggie fries on the side might just be the best bit!

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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beetroot	1	2	
carrot	1	2	
cucumber	1 (medium)	1 (large)	
roasted almonds	1 packet	2 packets	
slaw mix	1 bag (150g)	1 bag (300g)	
mango mayonnaise	1 packet (50g)	1 packet (100g)	
white wine vinegar*	drizzle	drizzle	
mild Caribbean jerk seasoning	1 sachet	1 sachet	
pork loin steaks	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2124kJ (508Cal)	429kJ (103Cal)
Protein (g)	43.7g	8.8g
Fat, total (g)	26.9g	5.4g
- saturated (g)	3g	0.6g
Carbohydrate (g)	26.7g	5.4g
- sugars (g)	17.7g	3.6g
Sodium (mg)	1128mg	228mg
Dietary Fibre (g)	10.9g	2.2g

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.



Bake the veggie fries

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



Get prepped

- Meanwhile, roughly chop cucumber and roasted almonds.
- In a large bowl, combine slaw mix, cucumber, 1/2 the mango mayonnaise and a drizzle of white wine vinegar and olive oil. Season to taste. Set aside.



Cook the pork

- In a medium bowl, combine mild Caribbean jerk seasoning and a drizzle of olive oil. Season with salt, then add pork loin steaks and turn to coat.
- In a large frying pan, heat a drizzle of olive oil over a 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!



Serve up

- Slice Caribbean pork.
- Divide veggie fries and mango mayo slaw between plates. Top with pork.
- Scatter over roasted almonds and serve with remaining mango mayo.

Enjoy!