



# Easy Caribbean Pork & Veggie Fries

with Mango Mayo Slaw & Roasted Almonds

Grab your Meal Kit with this symbol



Beetroot



Carrot



Cucumber



Roasted Almonds



Slaw Mix



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

Carb Smart

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

	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](https://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 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**.

2



## 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.

3



## 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!

4



## 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!