










Quick Chilli Jam-Glazed Pork & Avocado Salad

with Carrot Couscous & Balsamic Dressing

Grab your Meal Kit with this symbol



-  Barbecue Seasoning
-  Pork Loin Steaks
-  Chilli Jam
-  Couscous
-  Chicken-Style Stock Powder
-  Carrot
-  Avocado
-  Spinach & Rocket Mix
-  Balsamic & Olive Oil Dressing

 Hands-on: 20-30 mins
Ready in: 25-35 mins

Zingy, sweet and packed with umami, our chilli jam is the perfect glaze for tender pork loin steaks. Freshen the dish up with a sharp and creamy avocado-rocket salad, drizzled with balsamic dressing and you're on your way to an unforgettable fusion dinner!

Pantry items

Olive Oil, Butter

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
barbecue seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
chilli jam	1 medium packet	1 large packet
couscous	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
boiling water*	¾ cup	1½ cups
butter*	20g	40g
carrot	1	2
avocado	1	2
spinach & rocket mix	1 bag (60g)	1 bag (120g)
balsamic & olive oil dressing	1 packet (25g)	2 packets (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3172kJ (758Cal)	663kJ (158Cal)
Protein (g)	45.3g	9.5g
Fat, total (g)	37.5g	7.8g
- saturated (g)	11.7g	2.4g
Carbohydrate (g)	57.2g	12g
- sugars (g)	17.5g	3.7g
Sodium (mg)	1654mg	346mg

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.



Cook the pork

- Boil the kettle.
- In a medium bowl, combine **barbecue seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over 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).
- Remove the pan from heat, then add **chilli jam** and a splash of **water**. Turn pork to coat. Transfer to a plate, cover and rest.



Make the salad

- While the couscous is cooking, grate **carrot**. Halve **avocado**, scoop out flesh and thinly slice.
- In a large bowl, add **spinach & rocket mix**, **avocado** and **balsamic & olive oil dressing**. Season and gently toss to combine.



Cook the couscous

- While the pork is cooking, place **couscous** and **chicken-style stock powder** in a medium heatproof bowl.
- Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and the **butter** and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.



Serve up

- Slice chilli jam-glazed pork.
- Add carrot to couscous and stir to combine. Season to taste.
- Divide carrot couscous and avocado salad between plates.
- Top with pork. Spoon over any remaining glaze from the pan to serve.

Enjoy!