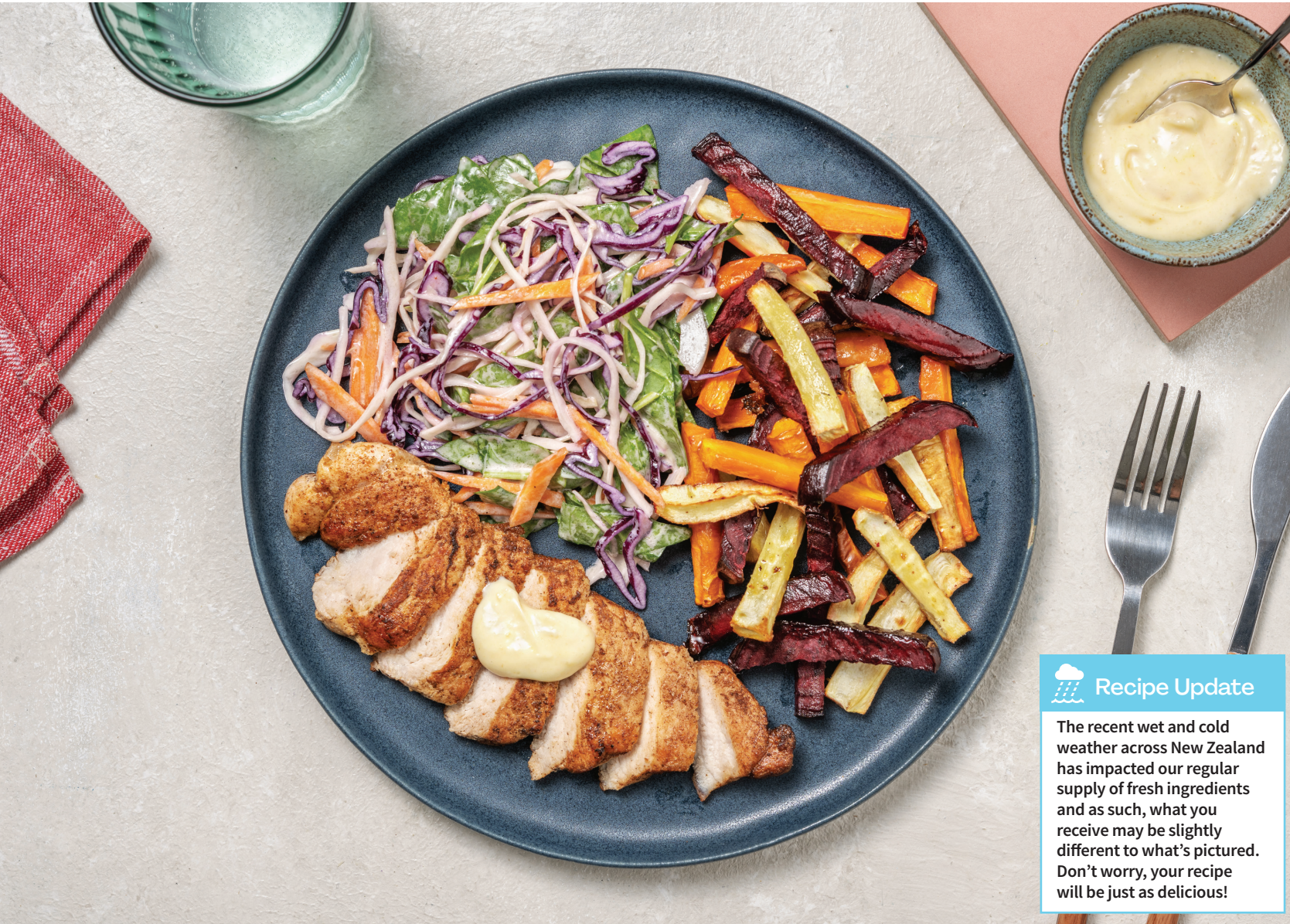


Easy Caribbean Pork & Veggie Fries

with Spinach Slaw & Mango Mayonnaise

Grab your Meal Kit with this symbol



Beetroot



Carrot



Parsnip



Baby Spinach Leaves



Mango Mayonnaise



Mild Caribbean Jerk Seasoning



Slaw Mix




Pork Loin Steaks

Recipe Update

The recent wet and cold weather across New Zealand has 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: 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 mango-mayo slaw, but we think the homemade veggie fries on the side might just be the best bit!

Pantry items

Olive Oil, White Wine Vinegar

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
parsnip	1	2
baby spinach leaves	1 small bag	1 medium bag
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)	1876kJ (448Cal)	354kJ (85Cal)
Protein (g)	41.1g	7.8g
Fat, total (g)	20.8g	3.9g
- saturated (g)	2.4g	0.5g
Carbohydrate (g)	29.8g	5.6g
- sugars (g)	19.4g	3.7g
Sodium (mg)	1138mg	215mg
Dietary Fibre (g)	11.4g	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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW34



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot, carrot** and **parsnip** into fries.
- Place **veggie fries** 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**.

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 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!

2



Prep the slaw

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

4



Serve up

- Slice Caribbean-style pork.
- Divide pork, veggie fries and spinach slaw between plates.
- Top with remaining mango mayo to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate