



# Caribbean-Style Pork & Veggie Fries

with Spinach Slaw & Aioli

Grab your Meal Kit with this symbol



Beetroot



Carrot



Parsnip



Baby Spinach Leaves



Slaw Mix



Garlic Aioli



Mild Caribbean Jerk Seasoning



Pork Loin Steaks

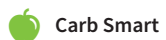


Sweet Chilli Sauce



Chicken Breast

Prep in: 15-25 mins  
Ready in: 30-40 mins



Carb Smart

Eat Me Early\*

\*Custom Recipe only

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

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
parsnip	1	2
baby spinach leaves	1 medium bag	1 large bag
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mild Caribbean jerk seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
sweet chilli sauce	½ packet (25g)	1 packet (50g)
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1969kJ (471Cal)	373kJ (89Cal)
Protein (g)	41.3g	7.8g
Fat, total (g)	22.1g	4.2g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	32.9g	6.2g
- sugars (g)	23.3g	4.4g
Sodium (mg)	1287mg	244mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2031kJ (485Cal)	378kJ (90Cal)
Protein (g)	38.3g	7.1g
Fat, total (g)	25.2g	4.7g
- saturated (g)	3.6g	0.7g
Carbohydrate (g)	32.9g	6.1g
- sugars (g)	23.3g	4.3g
Sodium (mg)	1312mg	244mg
Dietary Fibre (g)	23.3g	4.3g

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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW15



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## 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).
- Remove pan from heat, then add **sweet chilli sauce** (see ingredients) and a splash of **water**, turning **pork** to coat. 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!

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour chicken as above. Heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.

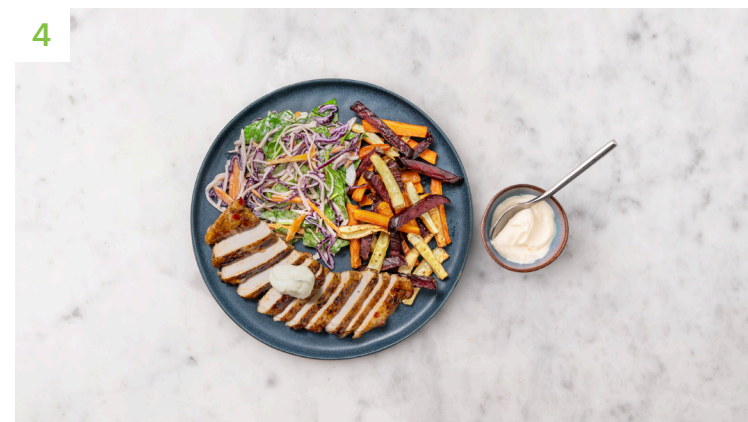
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## Prep the slaw

- Meanwhile, roughly chop **baby spinach leaves**.
- In a large bowl, combine **slaw mix, baby spinach**, 1/2 the **garlic aioli** and a drizzle of **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 aioli to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)