



Caribbean Pork & Kumara Fries

with Caramelised Pineapple Salsa

Grab your Meal Kit with this symbol



Kumara



Pineapple Slices



Tomato



Baby Spinach Leaves



Mint



Mild Caribbean Jerk Seasoning



Pork Loin Steaks



Garlic Aioli

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Low calorie

We've packed the signature flavours of the Caribbean into this pork dish with mild jerk seasoning and a sweetly tangy caramelised pineapple salsa, but we think the homemade kumara fries on the side might just be the best bit!

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
pineapple slices	1 tin	2 tins
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
mint	1 bunch	1 bunch
mild Caribbean jerk seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
vinegar* (white wine or red wine)	½ tsp	1 tsp
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2270kJ (543Cal)	377kJ (90Cal)
Protein (g)	43.2g	7.2g
Fat, total (g)	16.7g	2.8g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	51.1g	8.5g
- sugars (g)	30.7g	5.1g
Sodium (mg)	1000mg	166mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the **kumara** fries on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: Cut the kumara to size so it cooks in time!



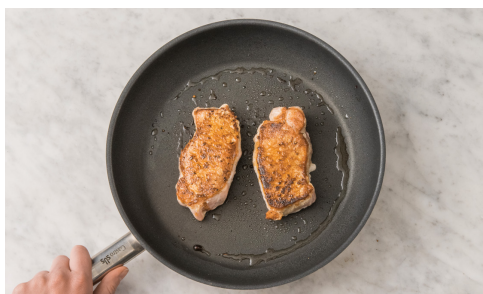
2. Get prepped

While the fries are baking, drain the **pineapple slices**. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Pick the **mint** leaves and roughly chop. In a medium bowl, combine the **mild Caribbean jerk seasoning**, a **little drizzle** of **olive oil** and a **pinch** of **pepper**. Add the **pork loin steaks** and toss to coat.



3. Caramelize the pineapple

Heat a medium frying pan over a medium-high heat. Add the **pineapple slices** and cook until lightly charred, **2-3 minutes** each side. Transfer to a plate, allow to cool slightly, then roughly chop.



4. Cook the pork

Wipe out the pan and return to a medium heat with a **drizzle** of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **4-5 minutes** each side (depending on thickness). Transfer to a plate and cover to rest for **5 minutes**.

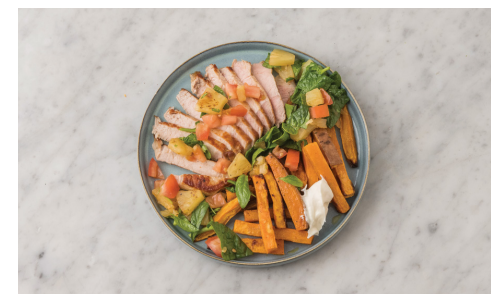
TIP: The spice blend may char slightly, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.



5. Make the salsa

While the pork is resting, add the **pineapple**, **tomato**, **baby spinach** and **mint** to a medium bowl. Add the **vinegar**, season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to combine.



6. Serve up

Thinly slice the pork. Divide the Caribbean pork between plates and spoon over any resting juices. Top with the caramelised pineapple salsa and serve with the kumara fries and **garlic aioli**.

Enjoy!