



Jerk Pulled Pork Rice Bowl with Slaw & Coconut

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: 2590kJ (618Cal) | Protein 35.3g | Fat, total 22.6g - saturated 3.4g | Carbohydrate 64.7g - sugars 23.3g | Sodium 1270mg

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2020 | WK47 | U

Get ready

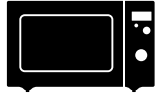
Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Coconut Sweet Chilli Mayonnaise	1 pkt (50g)	1 pkt (100g)
Pulled Pork	1 pkt	1 pkt
Seasonal Veggie Mix	1 pkt (150g)	1 pkt (300g)
Shredded Red Cabbage	1 pkt (150g)	1 pkt (300g)

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.

1. Fry



Seasonal Veggie Mix



Microwavable Basmati Rice

2. Toss



Lemon



Shredded Red Cabbage



Coconut Sweet Chilli Mayonnaise



Mint



Long Green Chilli (optional)



Pineapple Slices

3. Serve



Mild Caribbean Jerk Seasoning



Pulled Pork

- Heat **olive oil** in a frying pan over medium-high heat
- Cook **veggie mix** until just softened, **2-3 mins**
- Add **rice** and toss until heated through, **2-3 mins**
- Transfer to a bowl and cover

- Meanwhile, slice **lemon** into wedges
- Grab a bowl. Add **cabbage**, **mayo** and a good squeeze of **lemon juice**
- Season and toss
- Slice **mint** and **chilli** (if using)
- Drain and roughly chop **pineapple**

- Return frying pan to a high heat with a good drizzle of **olive oil**
- Add **jerk seasoning** and **pulled pork** and stir until fragrant, **1-2 mins**
- Add a dash of **water** and toss
- Plate up **rice**, **pulled pork** and **slaw**
- Top with **pineapple**
- Garnish with **mint** and **chilli** (if using)
- Serve with **lemon** wedges

