



# Louisiana Pork & Charred Corn Slaw

with Sesame Carrot Fries & Dijon Aioli Dressing

Grab your Meal Kit with this symbol



Carrot



Mixed Sesame Seeds



Sweetcorn



Baby Spinach Leaves



Garlic Aioli



Dijon Mustard



Pork Loin Steaks



Louisiana Spice Blend



Slaw Mix

Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Carb Smart

Give pork loin a dash of flair with a smokey Louisiana spice blend for a melody of robust flavours. Then, don't stop there. Ramp up your dish with a creamy Dijon aioli slaw tossed around with charred corn. With the added bonus of this tasty delight being low-carb, this one's an exciting ride from start to finish.

## 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
carrot	2	4
mixed sesame seeds	1 sachet	1 sachet
sweetcorn	½ tin	1 tin
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic aioli	1 packet (100g)	2 packets (200g)
Dijon mustard	½ packet (7.5g)	1 packet (15g)
pork loin steaks	1 packet	1 packet
Louisiana spice blend	1 sachet	2 sachets
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (598Cal)	546kJ (130Cal)
Protein (g)	42.5g	9.3g
Fat, total (g)	34g	7.4g
- saturated (g)	4g	0.9g
Carbohydrate (g)	22.1g	4.8g
- sugars (g)	15.2g	3.3g
Sodium (mg)	1506mg	328mg
Dietary Fibre (g)	2.6g	0.6g

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.



## Roast the carrot fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** into fries. Place the **carrot** on a lined oven tray. Sprinkle with the **mixed sesame seeds**, drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**.



## Char the corn

While the carrot fries are roasting, drain the **sweetcorn** (see ingredients). Heat a large frying pan over a high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a medium bowl.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Get prepped

While the corn is charring, roughly chop the **baby spinach leaves**. In a small bowl, combine the **garlic aioli**, **Dijon mustard** (see ingredients) and a drizzle of **olive oil**. Set aside. In a second medium bowl, combine the **pork loin steaks**, **Louisiana spice blend** and a drizzle of **olive oil**.



## Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **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!

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



## Toss the slaw

While the pork is cooking, add the **slaw mix**, **baby spinach**, a drizzle of **white wine vinegar** and 1/2 the **Dijon aioli dressing** to the charred **corn**. Toss to combine. Season to taste.



## Serve up

Slice the Louisiana pork. Divide the sesame carrot fries, charred corn slaw and pork between plates. Serve with the remaining Dijon aioli dressing.

## Enjoy!