



Quick Louisiana Pork & Creamy Slaw

with Sesame Carrot Fries & Dijon Aioli Dressing

Grab your Meal Kit with this symbol



Carrot



Mixed Sesame Seeds



Salad Leaves



Cucumber



Garlic Aioli



Dijon Mustard



Louisiana Spice Blend



Pork Loin Steaks



Slaw Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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 aioli slaw tossed around with cucumber and salad leaves. 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
salad leaves	1 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
garlic aioli	1 packet (100g)	2 packets (200g)
Dijon mustard	½ packet (7.5g)	1 packet (15g)
Louisiana spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2275kJ (544Cal)	411kJ (98Cal)
Protein (g)	40.9g	7.4g
Fat, total (g)	35g	6.3g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	24g	4.3g
- sugars (g)	12.7g	2.3g
Sodium (mg)	1594mg	288mg
Dietary Fibre (g)	11.8g	2.1g

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.

1



Bake the carrot fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the pork

- 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!

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

2



Get prepped

- Meanwhile, roughly chop **salad leaves** and **cucumber**.
- In a small bowl, combine **garlic aioli**, **Dijon mustard** (see ingredients) and a drizzle of **olive oil**. Set aside.
- In a medium bowl, combine **Louisiana spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

4



Serve up

- In a large bowl, add **slaw mix**, salad leaves, cucumber, a drizzle of **white wine vinegar** and 1/2 the Dijon aioli dressing. Toss to combine and season to taste.
- Slice Louisiana pork.
- Divide sesame carrot fries, creamy slaw and pork between plates.
- Serve with remaining Dijon aioli dressing.

Enjoy!