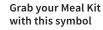


Quick Louisiana Pork & Creamy Slaw with Sesame Carrot Fries & Dijon Aioli Dressing













Salad Leaves

Cucumber





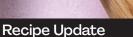
Dijon Mustard

Garlic Aioli

Louisiana Spice Blend



Slaw Mix



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!



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.



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.



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.



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.



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.



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!