



Easy Louisiana Pork & Creamy Slaw

with Sesame Carrot Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Carrot



Mixed Sesame Seeds



Pear



Cucumber



Louisiana Spice Blend



Garlic Aioli



Pork Loin Steaks



Slaw Mix



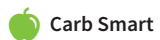
Chicken Breast



Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 30-40 mins



Eat Me Early*
*Custom Recipe only

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 pear slaw tossed around with cucumber.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
pear	1	2
cucumber	1 (medium)	1 (large)
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
garlic aioli	1 large packet	2 large packets
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2237kJ (535Cal)	422kJ (101Cal)
Protein (g)	40.6g	7.7g
Fat, total (g)	34.8g	6.6g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	22.5g	4.2g
- sugars (g)	11.9g	2.2g
Sodium (mg)	1519mg	286mg
Dietary Fibre (g)	11g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2298kJ (549Cal)	425kJ (101Cal)
Protein (g)	37.6g	7g
Fat, total (g)	37.9g	7g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	22.5g	4.2g
- sugars (g)	11.9g	2.2g
Sodium (mg)	1544mg	286mg
Dietary Fibre (g)	11g	2g

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.

We're here to help!

Scan here if you have any questions or concerns



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.

Custom Recipe: Heat the frying pan as above. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

2



Get prepped

- Meanwhile, thinly slice **pear**. Roughly chop **cucumber**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **Louisiana spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Coat chicken in spice blend as above.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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