

SPEEDY CARIBBEAN JERK PORK TACOS

with Charred Corn & Pineapple Salsa





Char corn for a smokey flavour













Sweetcorn

Pineapple Slices





Lemon

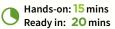


Mini Flour



Tortillas

Pantry Staples: Olive Oil



Take your tastebuds on a holiday tonight! With gentle heat from the jerk seasoning, tanginess from the garlic aioli and a touch of smokey flavour from the charred corn, this meal will bring a tropical island vibe to your dinner table.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: large frying pan



FLAVOUR THE PORK Cut the **pork loin steak** into 0.5cm-thick strips. In a medium bowl, combine the pork, mild Caribbean jerk seasoning, a generous pinch of salt and a generous drizzle of olive oil. Set aside.



CHAR THE CORN Drain the sweetcorn. Drain and roughly chop the pineapple slices (see ingredients **list)**. Heat a medium frying pan over a high heat. Add the **corn** kernels and cook, tossing, until charred, 4-5 minutes. Transfer to a medium bowl. * TIP: Cover the pan with a lid or foil if the kernels are "popping" out. Return the frying pan to a medium-high heat and add the **pineapple**. Cook, tossing occasionally, until golden, 2-3 minutes. Transfer to the bowl with the corn.



PREPARE THE SALSA Finely chop the **tomato** and add to the bowl with the corn and pineapple. Add a squeeze of lemon juice (see ingredients list) and a pinch of salt and pepper and toss to combine. Slice any remaining lemon into wedges.



COOK THE PORK Wipe out the frying pan with paper towel and return to a high heat with a drizzle of olive oil. Add the pork strips and cook until browned and cooked through, 1-2 minutes. Transfer to a plate. * TIP: If your pan is getting crowded, cook in batches for the best results!



5 HEAT THE TORTILLAS
Heat the mini flour tortillas in a sandwich press, or on a plate in the microwave for 10 second bursts, until warmed through. Shred the cos lettuce.



SERVE UP Bring everything to the table to serve. Build your tacos by spreading some garlic aioli over a tortilla. Add some cos lettuce, Caribbean jerk pork and charred corn and pineapple salsa. Serve with any remaining lemon wedges.

ENJOY!

INGREDIENTS

| | 2P | 4P |
|----------------------------------|-------------------------|----------------------|
| olive oil* | refer to method | refer to method |
| pork loin steak | 1 packet | 1 packet |
| mild Caribbean jerk seasoning | 1 sachet | 2 sachets |
| sweetcorn | 1 tin (125 g) | 1 tin (300 g) |
| pineapple slices | ½ tin | 1 tin |
| tomato | 1 | 2 |
| lemon | 1/2 | 1 |
| mini flour tortillas | 6 | 12 |
| cos lettuce | 1 head | 2 heads |
| garlic aioli | 1 tub (50 g) | 1 tub (100 g) |

^{*}Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|-----------------|
| Energy (kJ) | 3520kJ (841Cal) | 579kJ (138Cal) |
| Protein (g) | 50.8g | 8.4g |
| Fat, total (g) | 28.5g | 4.7g |
| - saturated (g) | 3.7g | 0.6g |
| Carbohydrate (g) | 87.7g | 14.4g |
| - sugars (g) | 23.5g | 3.9g |
| Sodium (g) | 1450mg | 238mg |

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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