



SPEEDY CARIBBEAN JERK PORK TACOS

with Charred Corn & Pineapple Salsa



Char corn for a smokey flavour



Pork Loin Steaks



Mild Caribbean Jerk Seasoning



Sweetcorn



Pineapple Slices



Tomato



Lemon



Mini Flour Tortillas



Cos Lettuce



Garlic Aioli

Pantry Staples: Olive Oil

Hands-on: 15 mins
Ready in: 20 mins

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.

BEFORE YOU START

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

- **large frying pan**



1 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.



2 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.



3 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.



4 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**.



6 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!

2 | 4 PEOPLE 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	½	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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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