



Tex-Mex Pork & Flatbreads with Avocado & Capsicum Salad

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 4157kJ (994Cal) | Protein 59.5g | Fat, total 53.2g - saturated 19.9g | Carbohydrate 55.1g - sugars 15.9g | Sodium 1324mg
The quantities provided above are averages only.

Contact us | hellofresh.co.nz/contact
2022 | WK03 | X

Get ready

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'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 pkt	1 pkt
Sour Cream	1 medium pkt	1 large pkt
Smoked Cheddar Cheese	1 pkt (50g)	2 pkts (100g)

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. Chop



Capsicum



Spring Onion



Sweetcorn



Avocado



Lemon



Flatbreads

2. Sizzle



Pork Loin Steaks



Tex-Mex Spice Blend

3. Toss



Baby Spinach Leaves



Coriander



Mint



Sour Cream



Mild Chipotle Sauce



Smoked Cheddar Cheese

- Chop **capsicum**. Thinly slice **spring onion**. Drain **sweetcorn** (1/2 tin for 2P/1 tin for 4P)
- Cut **avocado** in half, scoop out flesh and roughly chop. Halve **lemon**
- Toast or grill **flatbreads** to your liking

- Heat **olive oil** in a frying pan over medium-high heat
- Season **pork**
- Cook **pork** and **spice blend** until cooked through, **3-4 mins** each side. Transfer to a plate
- Return pan to high heat. Cook **capsicum** and **corn** until tender, **3-4 mins**. Remove from heat

- In a bowl, combine **capsicum, corn, avo, spring onion, spinach, lemon juice** and a drizzle of **oil**. Season
- To the bowl, add torn **coriander** and **mint**. Toss
- Slice **pork**
- Plate up **salad, flatbreads** and **pork**
- Serve with **sour cream, chipotle** and **Cheddar**

