



Caribbean Pork & Zingy Salad Rice Bowl

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2840kJ (679Cal) | Protein 32.8g | Fat, total 33.9g - saturated 9.3g | Carbohydrate 58.7g - sugars 14.7g | Sodium 1728mg
The quantities provided above are averages only.

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2023 | WK24 | AL



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

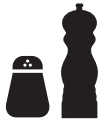


Microwave

From the pantry



Olive Oil



Salt & Pepper



Butter

From the cool pouch

	2P	4P
Pork Strips	1 small pkt	1 large pkt
Onion Chutney	1 pkt (40g)	2 pkts (80g)
Mustard Cider Dressing	1 pkt	2 pkts
Mayonnaise	1 medium pkt	1 large pkt

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Pork Strips



Mild Caribbean Jerk Seasoning



Onion Chutney

2. Zap



Sweetcorn



Microwavable Basmati Rice



Cucumber



Snacking Tomatoes



Mixed Salad Leaves



Mustard Cider Dressing

3. Serve



Mayonnaise



Chilli Flakes (Optional)



Coriander

- Heat **olive oil** in a frying pan over high heat
- Cook **pork** until golden, **2-3 mins**
- Add **Jerk seasoning** and a splash of **water**. Cook until fragrant, **1 min**
- Remove from heat, stir through **chutney**

- Meanwhile, drain **corn**. Microwave rice until steaming, **2-3 mins**. Stir **butter (20g for 2P / 40g for 4P)** and **corn** through **rice**
- Chop **cucumber**. Halve **snacking tomatoes**
- In a bowl, combine **cucumber, tomatoes, mixed salad leaves** and **mustard cider dressing**
- Toss and season

- Top **rice** with **pork** and **salad**
- Top with **mayo** and a pinch of **chilli flakes** (if using)
- Tear over **coriander**



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