



# Honey-Spiced Pork

with Carrot Fries & Chipotle Mayo

Grab your Meal Kit with this symbol



Carrot



Tomato



Baby Spinach Leaves



Aussie Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Mayonnaise



Mild Chipotle Sauce



Pork Loin Steaks

Prep in: 20-30 mins  
Ready in: 30-40 mins



Carb Smart\*

\*Custom recipe is not Carb Smart

Let tonight's pork do all the talking with its perfect ratio of Aussie spice blend to honey, coating delicious pork to perfection. The best part doesn't end there; we've swapped carby fries for a cult classic, carrot fries, and with a slaw to round the dish out, this will be one to remember!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, 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
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	20g	40g
<b>honey*</b>	½ tbs	1 tbs
shredded cabbage mix	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)
mild chipotle sauce	1 packet	2 packets
pork loin steaks**	1 small packets	2 small packets OR 1 large packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2104kJ (503Cal)	468kJ (112Cal)
Protein (g)	31.4g	7g
Fat, total (g)	32.7g	7.3g
- saturated (g)	11.4g	2.5g
Carbohydrate (g)	20.9g	4.6g
- sugars (g)	17.2g	3.8g
Sodium (mg)	1439mg	320mg
Dietary Fibre (g)	7.5g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3073kJ (734Cal)	512kJ (122Cal)
Protein (g)	58.9g	9.8g
Fat, total (g)	45.9g	7.6g
- saturated (g)	16.6g	2.8g
Carbohydrate (g)	21.9g	3.6g
- sugars (g)	17.6g	2.9g
Sodium (mg)	1885mg	314mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into fries.
- Roughly chop **tomato** and **baby spinach leaves**.



## Glaze the pork

- Remove pan from the heat, then add the **butter** and the **honey** and turn **pork** to coat. Transfer the **pork** to a plate, cover and rest for **5 minutes**.

**Custom Recipe:** Return all pork to the pan before adding the butter and honey as above.



## Bake the carrot fries

- Place **carrot fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



## Toss the slaw

- While the pork is resting, in a second medium bowl, add **spinach**, **tomato**, **shredded cabbage mix**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine.
- In a small bowl, combine **mayonnaise** and **mild chipotle sauce**.

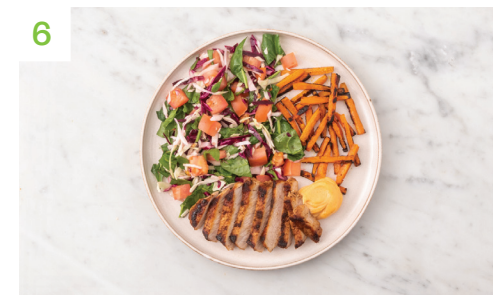


## Cook the pork

- Meanwhile, in a medium bowl, combine **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- When the carrot fries have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork** for **3-4 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** If you've doubled your pork loin steaks, cook pork in batches for the best results.



## Serve up

- Slice the honey-spiced pork. Divide the pork, carrot fries and slaw between plates.
- Serve with chipotle mayo and any remaining glaze from the pan. Enjoy!

## Rate your recipe

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