



Honey-Spiced Pork

with Sweet Potato Fries & Chipotle Mayo

Grab your Meal Kit with this symbol



Tomato



Sweet Potato Fries



Pork Loin Steaks



Aussie Spice Blend



Baby Spinach Leaves



Shredded Cabbage Mix



Mayonnaise



Mild Chipotle Sauce



Beef Rump

Prep in: **15-25 mins**
Ready in: **30-40 mins**



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, sweet potato 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
olive oil*	refer to method	refer to method
tomato	1	2
sweet potato fries	1 medium bag	1 large bag
pork loin steaks	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
honey*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2515kJ (601Cal)	457kJ (109Cal)
Protein (g)	34.6g	6.3g
Fat, total (g)	32.7g	5.9g
- saturated (g)	11.4g	2.1g
Carbohydrate (g)	41.5g	7.5g
- sugars (g)	21.1g	3.8g
Sodium (mg)	1410mg	256mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (531Cal)	403kJ (96Cal)
Protein (g)	37.7g	6.8g
Fat, total (g)	23.7g	4.3g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	40.6g	7.4g
- sugars (g)	20.7g	3.8g
Sodium (mg)	1039mg	189mg

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 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



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Roughly chop **tomato**.
- Place **sweet potato fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide fries between two trays.

3



Toss the slaw

- While the pork is resting, in a large bowl, add **baby spinach leaves**, **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**.

2



Cook the pork

- When sweet potato fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **pork loin steaks** and **Aussie spice blend** to the pan, then turn to coat. Cook **pork** until cooked through, **3-4 minutes** each side.
- Remove pan from the heat, then add the **butter** and the **honey** and turn pork to coat. Transfer **pork** to a plate, cover and rest for **5 minutes**.

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound beef with a rolling pin until slightly flattened (if your rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time). Heat a large frying pan with a drizzle of olive oil over high heat. Cook beef and add Aussie spice blend as above, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes.

4



Serve up

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

Rate your recipe

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