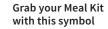
# Honey-Spiced Pork with Sweet Potato Fries & Chipotle Mayo















Pork Loin



Steaks





Baby Spinach Leaves



Shredded Cabbage



Mayonnaise



Sauce



**Pantry items** 

Olive Oil, Butter, Honey, White Wine Vinegar

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



Calorie 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, sweet potato fries and with a slaw to round the dish out, this will be one to remember!

## 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

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	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		

<sup>\*</sup>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





## 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.



## 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.



## 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.



## 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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