



# Mexican Pork Tenderloin & Coriander Rice

with Charred Corn Cobs, Salad & Jalapeño-Sour Cream

TASTE TOURS



Grab your Meal Kit with this symbol



Corn



Tex-Mex Spice Blend



Premium Pork Fillet



Mild Chipotle Sauce



Garlic Paste



Jasmine Rice



Baby Cos Lettuce



Tomato



Pickled Jalapeños (Optional)



Coriander



Lime



Light Sour Cream

Prep in: 30-40 mins  
Ready in: 35-45 mins

Tonight's international delight is on us, as we've whipped together a Mexican-flavoured pork tenderloin that you'll first sear in the pan and then finish in the oven, slathered with mild chipotle sauce. Alongside it, plate up coriander rice, corn, salad and our essential jalapeño sour cream for some serious dipping.

### Pantry items

Olive Oil, Butter

## 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

Large frying pan · Two oven trays lined with baking paper · Medium saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
corn	1 cob	2 cobs
Tex-Mex spice blend	1 medium sachet	1 large sachet
premium pork fillet	1 packet	2 packets
mild chipotle sauce	1 packet	2 packets
<b>butter*</b>	40g	80g
garlic paste	1 packet	2 packets
jasmine rice	1 medium packet	1 large packet
<b>water*</b>	1¼ cups	2½ cups
baby cos lettuce	½ head	1 head
tomato	1	2
pickled jalapeños (optional)	1 medium packet	1 large packet
coriander	1 bag	1 bag
lime	½	1
light sour cream	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4066kJ (972Cal)	547kJ (131Cal)
Protein (g)	58.1g	7.8g
Fat, total (g)	39.5g	5.3g
- saturated (g)	20.2g	2.7g
Carbohydrate (g)	91.1g	12.3g
- sugars (g)	18.1g	2.4g
Sodium (mg)	1301mg	175mg

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.

1



## Sear the pork

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **corn cob** in half.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a large bowl, combine **Tex-Mex spice blend** and drizzle of **olive oil**. Add **premium pork fillet**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add **pork** to the hot pan. Sear until browned, **1 minute** on all sides.

4



## Cook the rice

- Meanwhile, in a medium saucepan, heat half the **butter** with a dash of **olive oil** over medium-high heat.
- Cook **garlic paste** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water** and a generous pinch of **salt**. Stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **12 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **12 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

2



## Roast the pork

- Transfer seared **pork** to a lined oven tray.
- Roast for **12-14 minutes** for medium, or until cooked to your liking.
- SPICY!** The sauce is slightly spicy, use less if you're sensitive to heat! Remove from oven, evenly top pork with **mild chipotle sauce**, cover with foil and rest for **10 minutes**.

**TIP:** Pork can be served slightly blushing pink in the centre.

5



## Assemble the salad

- Meanwhile, roughly chop **baby cos lettuce** (see ingredients), **tomato**, **pickled jalapeños** (if using) and **coriander**.
- Cut **lime** into wedges.
- In a small bowl, combine **light sour cream** and chopped **jalapeños**.
- In a medium bowl, combine **baby cos lettuce**, **tomato**, a generous squeeze of **lime juice** and a drizzle of **olive oil**. Season to taste.

3



## Char the corn

- Meanwhile, place **corn** on a second lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender and slightly charred, **20-25 minutes**.

6



## Serve up

- Top charred corn cobs with remaining butter. Season with a pinch of pepper.
- Stir coriander through rice, until combined.
- Slice pork.
- Bring pork (plus any resting juices), coriander rice, charred corn cobs and salad to the table.
- Serve with **jalapeño**-sour cream and any remaining lime wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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