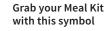


# Seared Pork & Charred Corn Slaw

with Couscous & Ranch Dressing

EXPLORER

CLIMATE SUPERSTAR









Chicken-Style Stock Powder

Couscous





Sweetcorn

**Baby Spinach** Leaves





Slaw Mix

All-American Spice Blend





Pork Strips

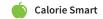
Ranch Dressing





Prep in: 10-20 mins Ready in: 25-35 mins Eat Me Early\*

\*Custom Recipe only



Give your weeknight dinner an upgrade with this simple, vibrant recipe that'll make you want to put more pork on your fork.

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



Olive Oil, Butter, 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

Medium saucepan with a lid  $\cdot$  Large frying pan

## **Ingredients**

| ing. calcine                  |                 |                                       |  |  |
|-------------------------------|-----------------|---------------------------------------|--|--|
|                               | 2 People        | 4 People                              |  |  |
| olive oil*                    | refer to method | refer to method                       |  |  |
| water*                        | ¾ cup           | 1½ cups                               |  |  |
| chicken-style<br>stock powder | 1 medium sachet | 1 large sachet                        |  |  |
| couscous                      | 1 medium packet | 1 large packet                        |  |  |
| butter*                       | 20g             | 40g                                   |  |  |
| sweetcorn                     | 1 medium tin    | 1 large tin                           |  |  |
| baby spinach<br>leaves        | 1 small packet  | 1 medium packet                       |  |  |
| white wine<br>vinegar*        | drizzle         | drizzle                               |  |  |
| slaw mix                      | 1 small packet  | 1 large packet                        |  |  |
| All-American spice blend      | 1 medium sachet | 1 large sachet                        |  |  |
| pork strips                   | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |  |
| ranch dressing                | 1 medium packet | 2 medium packets                      |  |  |
| chicken<br>tenderloins**      | 1 medium packet | 2 medium packets<br>OR 1 large packet |  |  |
|                               |                 |                                       |  |  |

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2220kJ (531Cal) | 605kJ (145Cal) |
| Protein (g)      | 34.8g           | 9.5g           |
| Fat, total (g)   | 19.9g           | 5.4g           |
| - saturated (g)  | 8g              | 2.2g           |
| Carbohydrate (g) | 50.1g           | 13.7g          |
| - sugars (g)     | 11.4g           | 3.1g           |
| Sodium (mg)      | 1591mg          | 434mg          |
|                  |                 |                |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2320kJ (554Cal) | 570kJ (136Cal) |
| Protein (g)      | 46.4g           | 11.4g          |
| Fat, total (g)   | 17.5g           | 4.3g           |
| - saturated (g)  | 7.2g            | 1.8g           |
| Carbohydrate (g) | 49.3g           | 12.1g          |
| - sugars (g)     | 11.2g           | 2.8g           |
| Sodium (mg)      | 1247mg          | 307mg          |

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





- In a medium saucepan, combine the water and chicken-style stock powder and bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, 5 minutes. Fluff up with a fork. Stir through the butter.



# Cook the pork

- In a second medium bowl, combine All-American spice blend and a drizzle
  of olive oil. Season, then add pork strips, tossing to coat.
- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook
  pork in batches, tossing, until browned and cooked through, 1-2 minutes.
   Transfer to a plate.

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

**Custom Recipe:** If you've swapped to chicken tenderloins, combine chicken with spice blend as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



# Prep the slaw

- While the couscous is cooking, drain sweetcorn.
- Heat a large frying pan over high heat. Cook corn kernels, stirring
  occasionally, until lightly charred (cover pan with a lid if the kernels are
  'popping' out) 4-5 minutes. Transfer to a heatproof bowl to cool slightly.
- Meanwhile, roughly chop baby spinach leaves. In a medium bowl, combine
  a drizzle of olive oil and the white wine vinegar. Season with salt and
  pepper. Add slaw mix and baby spinach leaves. Set aside.

**TIP:** Toss the slaw just before serving to keep it crisp! **Little cooks:** Take the lead by tossing the slaw!



# Serve up

- Stir charred corn through slaw.
- Divide couscous and corn slaw between bowls. Top with seared pork, pouring over any juices from the pan.
- Drizzle with ranch dressing. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate