



Seared Pork & Charred Corn Slaw

with Couscous & Ranch Dressing

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken-Style Stock Powder



Couscous



Sweetcorn



Baby Spinach Leaves



Slaw Mix



All-American Spice Blend



Pork Strips



Ranch Dressing



Chicken Tenderloins

Prep in: 10-20 mins
Ready in: 25-35 mins

Calorie Smart

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.

Pantry items

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	¾ cup	1½ cups
chicken-style 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 leaves	1 small packet	1 medium packet
white wine 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 OR 1 large packet
ranch dressing	1 medium packet	2 medium packets
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

*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



1



Cook the couscous

- 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**.

3



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.

2



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!

4



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!

Rate your recipe

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