

Caribbean Pork & Pineapple-Capsicum Salad

with Coconut Sweet Chilli Mayo

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Pineapple Slices



Capsicum



Cucumber



Pork Loin Steaks



Mild Caribbean Jerk Seasoning



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise



Coriander



Pork Loin Steaks



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-45 mins

Protein Rich

Carb Smart

We're in our light and bright era so only a salad will do! The Caribbean is calling, so make sure you answer the call. This Caribbean pork, charred pineapple and capsicum salad is reminiscent of sunny weather and sandy shores, so put your feet up and let this salad put you into vacation mode!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
capsicum	1	2
cucumber	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2081kJ (497cal)	250kJ (60cal)
Protein (g)	30g	3.6g
Fat, total (g)	34.6g	4.1g
- saturated (g)	7.3g	0.9g
Carbohydrate (g)	18.4g	2.2g
- sugars (g)	14.3g	1.7g
Sodium (mg)	1215mg	145.7mg
Dietary Fibre (g)	2.9g	0.3g

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.



Get prepped

- Drain **pineapple slices** and roughly chop (reserve a splash of the pineapple juice).
- Thinly slice **capsicum** into strips.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **pork loin steaks, mild Caribbean Jerk seasoning** and a drizzle of **olive oil**, turning to coat.



Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.
- While the pork is resting, to the bowl with the **capsicum**, add a drizzle of **white wine vinegar, reserved pineapple juice** (1 tbs for 2 people / 2 tbs for 4 people), a good drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add cucumber and **mixed salad leaves**, tossing to combine.



Char the capsicum and pineapple

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **capsicum** and **pineapple**, tossing, until tender and slightly charred, **4-5 minutes**.
- Transfer to a large bowl and allow to cool.



Serve up

- Slice pork.
- Divide charred pineapple-capsicum salad between bowls, then top with Caribbean pork.
- Drizzle over **coconut sweet chilli mayonnaise** and tear over **coriander** to garnish. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Marinate as above, then cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

