



Chargrilled Jerk Pork Steaks

with Pineapple-Avocado Couscous

GOOD TO BBQ

NEW

Grab your meal kit with this number

14



Pineapple Slices



Long Chilli (Optional)



Avocado



Onion



Mild Caribbean Jerk Seasoning



Pork Loin Steaks



Couscous



Chicken Stock Pot



Mixed Salad Leaves



Coconut Sweet Chilli Mayonnaise



Pork Loin Steaks



Haloumi

Prep in: 20-30 mins
Ready in: 35-45 mins

Your average couscous gets a summertime makeover with the addition of fresh pineapple and tasty avocado. These Caribbean jerk-spiced pork steaks are the perfect protein partner to pair with this hearty grain, you'll be on BBQ duty every weekend! If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil, Butter

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

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pineapple slices	1 tin	2 tins
long chilli (optional) 🌶️	½	1
avocado	1	2
onion	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
couscous	1 medium packet	1 large packet
chicken stock pot	½ packet	1 packet
butter*	20g	40g
boiling water*	¾ cup	1 ½ cups
mixed salad leaves	1 small packet	1 medium packet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3711kJ (672cal)	672kJ (122cal)
Protein (g)	37.5g	6.8g
Fat, total (g)	54.4g	9.9g
- saturated (g)	14.5g	2.6g
Carbohydrate (g)	63.4g	11.5g
- sugars (g)	24.8g	4.5g
Sodium (mg)	1718mg	311.2mg
Dietary Fibre (g)	12.3g	2.2g

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

- Preheat BBQ to high heat. Boil the kettle.
- Drain **pineapple slices** reserving some juice (1 tbs for 2 people / 2 tbs for 4 people). Thinly slice **long chilli** (if using). Slice **avocado** in half, scoop out flesh and roughly chop.
- Thinly slice **onion**.
- In a medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt and pepper**.
- In a large bowl, combine **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Add **pork loin steaks** and toss to coat.



Grill the pork & onion

- Grill **pork loin steaks** until charred and cooked through, **2-4 minutes** each side. Transfer to a plate and rest for **5 minutes**.
- Grill **onion**, tossing occasionally, until tender and slightly charred, **6-8 minutes**. Transfer to the plate with the **pineapple**.

No BBQ? In a large frying pan, cook pork over medium-high heat, until cooked through, 3-4 minutes each side. Transfer to a plate. Cook onion, tossing occasionally, until tender and lightly charred, 4-5 minutes. Transfer to plate with pineapple.



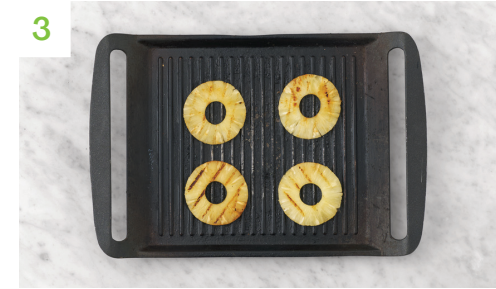
Make the couscous

- In a second medium bowl, add **couscous**, **chicken stock pot** (see ingredients) and the **butter**. Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with fork and set aside.



Bring it all together

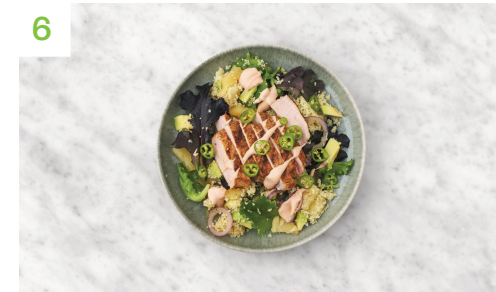
- Roughly chop **grilled pineapple**.
- To the couscous, add **pineapple**, **onion**, **avocado**, **mixed salad leaves**, a good drizzle of **olive oil** and the **reserved pineapple juice**. Stir to combine and season to taste.



Char the pineapple

- When the BBQ is hot, grill **pineapple** until charred, **2-4 minutes** each side. Transfer to a plate and set aside.

No BBQ? Cook pineapple in a frying pan over high heat, until lightly charred, 2-4 minutes each side.



Serve up

- Slice pork.
- Divide pineapple-avocado couscous salad between bowls, then top with chargrilled jerk pork steaks.
- Top with **coconut sweet chilli mayonnaise** and **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into bite-sized chunks. Grill until browned, 3-4 minutes. Add to salad.

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

