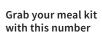


Mexican-Glazed Pork & Avocado Salad

with Charred Corn & Creamy Dressing

SUMMER SALADS

NEW













Cucumber

Sweetcorn





Spice Blend

Pork Strips





Sweet & Savoury

Mixed Salad Leaves



Mayonnaise







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
avocado	1	2
tomato	1	2
cucumber	1	2
sweetcorn	1 medium tin	1 large tin
Tex-Mex spice blend	½ large sachet	1 large sachet
pork strips	1 medium packet	2 medium packets OR 1 large packet
sweet & savoury glaze	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
mayonnaise	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2055kJ (491Cal)	476kJ (113Cal)
Protein (g)	28.3g	6.6g
Fat, total (g)	32g	7.4g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	19.8g	4.6g
- sugars (g)	13.3g	3.1g
Sodium (mg)	1186mg	275mg
Dietary Fibre (g)	8g	1.9g

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

- Slice avocado in half, scoop out flesh and thinly slice.
- · Roughly chop tomato and cucumber.
- · Drain sweetcorn.
- In a medium bowl, combine Tex-Mex spice blend (see ingredients), a drizzle of olive oil and pinch of salt. Add pork strips, tossing to coat.



Char the corn & cook the pork

- Heat a large frying pan over high heat. Cook corn kernels until lightly browned, **4-5 minutes**. Transfer to a bowl and set aside.
- Return frying pan to high heat with a drizzle of olive oil. Cook pork strips in batches, until golden, **2-4 minutes**.
- Remove from heat, return all **pork** to the pan, then stir in **sweet & savoury** glaze, until pork is coated. Season with salt and pepper.

TIP: Cover the pan with a lid if the kernels are 'popping' out.



Toss the salad

- · Meanwhile, to bowl of charred corn, add tomato, cucumber, mixed salad leaves, mayonnaise and a drizzle of white wine vinegar and olive oil.
- · Toss to combine and season to taste.



Finish & serve

- · Divide charred corn salad between bowls.
- Top with avocado slices and Mexican glazed pork.
- Spoon over any remaining glaze from the pan to serve. Enjoy!



