



Mexican-Glazed Pork & Avocado Salad

with Charred Corn & Creamy Dressing

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Avocado



Tomato



Cucumber



Sweetcorn



Tex-Mex Spice Blend



Pork Strips



Sweet & Savoury Glaze



Mixed Salad Leaves



Mayonnaise



Pork Strips



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

We're in our light and bright era so only a salad will do! Pork strips are always a hit in our test kitchen and when paired with Tex-Mex spice and a sticky glaze, you'll feel like you've hit the flavour jackpot. Toss them in an avocado-corn salad and thank us later!

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 |
| 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.



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.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



DOUBLE PORK STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

