



Aussie-Spiced Pork & Creamy Slaw

with Carrot Fries & Dijon Aioli Dressing

NEW

Grab your Meal Kit with this symbol



Carrot



Baby Spinach Leaves



Tomato



Garlic Aioli



Dijon Mustard



Aussie Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Chicken Breast

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

Carb Smart

Eat Me Early*
*Custom Recipe only

Let's do tonight right and let pork do all the talking with its perfect ratio of Aussie spice blend to honey, coating the delicious pork to perfection. The best part doesn't end there; we've swapped carby fries for a cult classic, carrot fries and with a slaw to round the dish out, this one will be one to remember!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
garlic aioli	1 large packet	2 large packets
Dijon mustard	½ packet (7.5g)	1 packet (15g)
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
shredded cabbage mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	520kJ (124Cal)
Protein (g)	32.5g	6.3g
Fat, total (g)	48.4g	9.3g
- saturated (g)	7.7g	1.5g
Carbohydrate (g)	20.4g	3.9g
- sugars (g)	17g	3.3g
Sodium (mg)	1163mg	224mg
Dietary Fibre (g)	10g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2491kJ (595Cal)	467kJ (112Cal)
Protein (g)	38.3g	7.2g
Fat, total (g)	40.4g	7.6g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	19.5g	3.7g
- sugars (g)	16.6g	3.1g
Sodium (mg)	806mg	151mg
Dietary Fibre (g)	10.2g	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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the carrot fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into fries.
- Spread **fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **fries** on high, **2 minutes**.
- Drain any excess liquid, then place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **12-15 minutes**.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork** 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**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).

2



Get prepped

- Meanwhile, roughly chop **baby spinach leaves** and **tomato**.
- In a small bowl, combine **garlic aioli**, **Dijon mustard** (see ingredients) and a drizzle of **olive oil**. Set aside.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Add chicken to spice blend as above, turning chicken to coat.

4



Serve up

- In a large bowl, add **shredded cabbage mix**, baby spinach leaves, tomato, a drizzle of **white wine vinegar** and 1/2 the Dijon aioli dressing. Toss to combine and season to taste.
- Slice Aussie pork.
- Divide carrot fries, slaw and pork between plates.
- Serve with remaining Dijon aioli dressing. Enjoy!

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