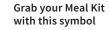


Aussie-Spiced Pork & Creamy Slaw

with Carrot Fries & Dijon Aioli Dressing

NEW















Dijon Mustard



Garlic Aioli



Pork Loin Steaks







Prep in: 15-25 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recine

*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!

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 \cdot Large frying pan

Ingredients

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	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	1/2 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	
	and the second second		

*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	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







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**.



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).



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.



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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