



Seared Caribbean Pork & Veggie Fries

with Spinach Slaw & Flaked Almonds

NEW

Grab your Meal Kit with this symbol



Beetroot



Carrot



Mild Caribbean Jerk Seasoning



Baby Spinach Leaves



Slaw Mix



Garlic Aioli



Pork Loin Steaks



Flaked Almonds



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Carb Smart

Eat Me Early*
*Custom Recipe only

This one is definitely for the secret veggie lover in all of us, as we've swapped carby potato fries for veggie fries! Paired with Caribbean-spiced pork (which is oh-so good) and a bountiful spinach slaw, you've got yourself an unbeatably hearty plate!

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
beetroot	1	2
carrot	1	2
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
slaw mix	1 small bag	1 large bag
garlic aioli	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
pork loin steaks	1 small packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2416kJ (577Cal)	500kJ (120Cal)
Protein (g)	34.6g	7.2g
Fat, total (g)	38.3g	7.9g
- saturated (g)	7.5g	1.6g
Carbohydrate (g)	23.1g	4.8g
- sugars (g)	20.1g	4.2g
Sodium (mg)	1328mg	275mg
Dietary Fibre (g)	11.5g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2217kJ (530Cal)	445kJ (106Cal)
Protein (g)	39.5g	7.9g
Fat, total (g)	30.8g	6.2g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	22.7g	4.6g
- sugars (g)	19.5g	3.9g
Sodium (mg)	976mg	196mg
Dietary Fibre (g)	11.7g	2.3g

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 veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **beetroot** and **carrot** into fries.
- Place **veggie fries** on a lined oven tray. Sprinkle over 1/2 the **mild Caribbean jerk seasoning**. Drizzle with **olive oil** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the pork

- In a medium bowl, combine remaining **mild Caribbean jerk seasoning** and a drizzle of **olive oil**. Season with **salt**, then add **pork loin steaks** and turn to coat.
- 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!

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. Combine chicken with spice blend as above. 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.

2



Prep the slaw

- Meanwhile, roughly chop **baby spinach leaves**.
- In a large bowl, combine **slaw mix**, **baby spinach**, 1/2 the **garlic aioli** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste. Set aside.

4



Serve up

- Slice Caribbean pork.
- Divide pork, veggie fries and spinach slaw between plates.
- Top with **flaked almonds** and serve with remaining garlic aioli. Enjoy!

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