



(02) 8188 8722 | HelloFresh.com.au

WK32
2016

Jamaican Pork with Warm Confetti Salad

This zesty Jamaican inspired pork is so tasty you'll be bolting back for seconds. Be sure to marinate the pork for at least 15 minutes to absorb all of that amazing flavour! With a resplendent rainbow salad of celebratory confetti, there's no doubt that this lively dish is a real winner.



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



lactose free



high fibre

Pantry Items



Olive Oil



Lemon



Garlic



Cajun Spice Mix



Pork Loin



Corn



Red Onion



Red Kidney Beans



Roma Tomato



Parsley

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients	
½	1	lemon, zested & juiced	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
2 tsp	1 tbs	Cajun spice mix	
2 steaks	4 steaks	pork loin	
1 tbs	2 tbs	olive oil *	
1 cob	2 cobs	corn, shucked & kernels removed	
½	1	red onion, finely chopped	⊕
1 tin	2 tins	red kidney beans, drained & rinsed	
1	2	roma tomato, diced	⊕
½ bunch	1 bunch	parsley, leaves picked	⊕

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1680	Kj
Protein	50.3	g
Fat, total	11.1	g
-saturated	1.9	g
Carbohydrate	19	g
-sugars	5.1	g
Sodium	324	mg



You will need: chopping board, chef's knife, zester, garlic crusher, strainer, medium bowl, medium frying pan, large bowl, stirring spoon, and aluminium foil.

1 Combine half of the **lemon zest** and half of the **lemon juice** in a medium bowl with the **garlic**, **Cajun spice mix** and a good grind of **salt** and **pepper**. Rub the marinade into the flesh of the **pork loin steaks**. Set aside at room temperature to marinate for at least **15 minutes**.



2 Meanwhile, heat half of the **olive oil** in a medium frying pan over a medium heat. Add the **corn kernels** and **red onion**, and cook, stirring, for **2 minutes** or until just tender. Add the **red kidney beans** to the pan and cook, stirring, for **1 minute** or until warmed through (take care not to break up the beans). Add the **roma tomato** and remaining lemon zest and juice and toss to combine. Then, remove the contents from the pan and place them in a large bowl. Stir through the **parsley** and season to taste with salt and pepper. Cover loosely with foil to keep warm.



3 Heat the remaining olive oil in the same frying pan over a medium-high heat. Add the pork and cook for about **2-3 minutes** on each side, or until cooked through (pork can be served a little on the pink side).



4 Divide the confetti bean salad among plates and serve with the smoky Cajun pork. Enjoy!

Did you know? The fertile land of Jamaica is home to thousands of beautiful species of flora. It has over 200 species of wild orchids!