

## **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





Olive Oil







Cajun Spice Mix



Pork Loin







Red Kidney Beans



Roma Tomato



2P	4P	Ingredients	
1/2	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	
1/2	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	<del>+</del>

<b>#</b>	Ingredient features
	in another recipe

\* Pantry Items

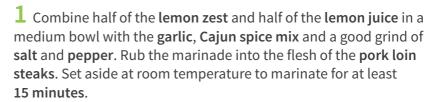
Pre-preparation

		serve

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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.





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!