



Mexican-Spiced Pork & Cauli-Carrot Rice

with Tomato-Cucumber Salsa & Garlic Yoghurt

Grab your Meal Kit with this symbol



Tomato



Cucumber



Garlic



Carrot



Mexican Fiesta Spice Blend



Chicken-Style Stock Powder



Flaked Almonds



Cauliflower Rice

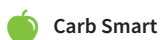


Greek-Style Yoghurt



Pork Strips

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



Carb Smart

Naturally Gluten-Free
Not suitable for coeliacs

Add some heat to juicy pork strips with some help from our Mexican Fiesta spice blend. Serve with a fluffy veggie-based rice to keep the carbs in check, plus a fresh salsa for crunch and colour, and last but not least, a dollop of cooling garlic yoghurt to bring it all together.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1	2
garlic	3 cloves	6 cloves
carrot	1	2
pork strips	1 small packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
butter*	20g	40g
cauliflower rice	1 packet (250g)	1 packet (500g)
chicken-style stock powder	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1769kJ (423Cal)	322kJ (77Cal)
Protein (g)	38g	6.9g
Fat, total (g)	20.2g	3.7g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	20.1g	3.7g
- sugars (g)	15.7g	2.9g
Sodium (mg)	1627mg	296mg
Dietary Fibre (g)	8.6g	1.6g

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Roughly chop **tomato** and **cucumber**, then transfer to a medium bowl.
- Finely chop **garlic**. Grate **carrot**.
- **SPICY!** *The spice blend is hot, use less if you're sensitive to heat.* In a medium bowl, combine **pork strips**, **Mexican fiesta spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.
- In large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add **Greek-style yoghurt** to the **garlic oil**, stirring to combine. Season to taste.



Cook the pork

- Return frying pan to high heat with a drizzle of **olive oil**.
- Cook **pork strips**, in batches, until golden, **2-3 minutes**.

TIP: *Cooking the pork in batches over a high heat helps keep it tender.*



Cook the cauli-carrot rice

- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **cauliflower rice**, **carrot** and **chicken-style stock powder** until softened, **3-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.
- While the cauli-carrot rice is cooking, drizzle **tomato** and **cucumber** with **white wine vinegar** and **olive oil**. Toss to combine. Season to taste.



Serve up

- Divide Mexican-spiced pork, cauli-carrot rice and tomato-cucumber salsa between plates.
- Sprinkle with **flaked almonds**.
- Dollop over garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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