

# Cajun Pork & Veggie Fries

with Charred Pineapple Slaw & Garlic Dip

Grab your Meal Kit with this symbol



Carrot



Parsnip



Courgette



Herbs



Pineapple Slices



Creole Spice Blend



Pork Loin Steaks



Shredded Cabbage Mix



Garlic Dip

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Dietitian Approved

Pork and veggies for dinner is fun, but let's really boost its appeal at the table by adding our creole spice blend to coat the pork, charred pineapple crunchy slaw and a bit of colourful veggie fries. Put it all together and you've got a very exciting dish to eat tonight!

### 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
courgette	1	2
herbs	1 bag	1 bag
pineapple slices	½ tin	1 tin
Creole spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
butter*	10g	20g
shredded cabbage mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2084kJ (498Cal)	360kJ (86Cal)
Protein (g)	40.7g	7g
Fat, total (g)	25.2g	4.3g
- saturated (g)	4.8g	0.8g
Carbohydrate (g)	26g	4.5g
- sugars (g)	16.6g	2.9g
Sodium (mg)	838mg	145mg
Dietary Fibre (g)	9.4g	1.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, parsnip** and **courgette** into fries. Place **veggie fries** on a lined tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.



## Cook the pork

When the veggies have **10 minutes** remaining, return the frying pan to medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side. Remove pan from heat, then add the **butter** and **reserved pineapple juice**, turning **pork** to coat. Transfer to a plate to rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



## Get prepped

Meanwhile, thinly slice **herbs**. Reserve some **pineapple juice** (2 tbs for 2 people / 1/4 cup for 4 people), then drain **pineapple slices**. In a medium bowl, combine **Creole spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork** and turn to coat.



## Toss the slaw

In a second medium bowl, combine charred **pineapple**, **shredded cabbage mix**, a drizzle of **white wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



## Char the pineapple

Heat a large frying pan over high heat. Cook **pineapple slices** until lightly browned, **2-3 minutes** each side. Transfer to a plate, then roughly chop.



## Serve up

Slice Cajun pork. Divide pork, veggie fries and charred pineapple slaw between plates. Spoon over any remaining sauce from the pan. Garnish with herbs. Serve with **garlic dip**.

Enjoy!