



Jerk Pork & Coconut Sauce

with Sweet Potato Mash & Garlic Veggies

Grab your Meal Kit with this symbol 



-  Sweet Potato
-  Green Beans
-  Zucchini
-  Carrot
-  Garlic
-  Coriander
-  Mild Caribbean Jerk Seasoning
-  Pork Loin Steaks
-  Coconut Milk

 Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Have we told you lately that we love you? Actions speak louder than words, so we'll let this mouth-watering meal say it for us. We hope that with every delicious mouthful, you get the message!

Pantry items
 Olive Oil, Butter

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
coriander	1 bag	1 bag
mild Caribbean jerk seasoning	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
coconut milk	1 tin (165ml)	1 tin (400ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2768kJ (661Cal)	384kJ (91Cal)
Protein (g)	45g	6.2g
Fat, total (g)	30.8g	4.3g
- saturated (g)	17g	2.4g
Carbohydrate (g)	42.1g	5.8g
- sugars (g)	23.5g	3.3g
Sodium (mg)	1108mg	154mg

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.



1. Make the sweet potato mash

Bring a medium saucepan of water to the boil. Peel the **sweet potato** and cut into 2cm chunks. Add the **sweet potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain the **sweet potato** and return to the pan. Add the **butter** and the **salt** and mash using a potato masher or fork until smooth. Cover to keep warm.



2. Get prepped

While the sweet potato is cooking, trim the **green beans**. Slice the **zucchini** and **carrot** (unpeeled) into batons. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**.



3. Cook the pork

In a medium bowl, combine **1/2** the **mild Caribbean jerk seasoning**, a **drizzle of olive oil** and the **pork loin steaks**. Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover with foil and set aside to rest.

TIP: Don't worry if the spice blend burns a little in the pan, this adds to the flavour!



4. Cook the garlic veggies

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans**, **zucchini** and **carrot** and cook, tossing, until tender, **5-6 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



5. Make the sauce

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **remaining mild Caribbean jerk seasoning** and cook, stirring, until fragrant, **1 minute**. Stir through the **coconut milk** and the **pork resting juices** and simmer until thickened slightly, **2-3 minutes**.



6. Serve up

Thickly slice the pork. Divide the sweet potato mash, garlic veggies and jerk pork between plates. Spoon over the coconut sauce and sprinkle with the coriander to serve.

Enjoy!