



Everything
But The Chef

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WK01
2016



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Paprika Pork with Warm Confetti Salad

We've taken all the excitement of the New Year, the pop of champagne corks, the joy of the year's first sunset, the colour of confetti fluttering through the air, and jam packed it into a warm confetti salad. After all, what better way to celebrate that with fresh corn, kidney beans, tomato and fresh green lime? Along with smoky infused pork, we think it's a welcome to 2016 like no other. We hope you dig it too.

- Prep:** 10 mins
- Cook:** 20 mins
- Total:** 30 mins
- lactose free**
- nut free**
- level 1**
- gluten free**
- helping hands**

Pantry Items



Olive Oil



Lime



Garlic



Smoked Paprika



Pork Loin Steaks



Corn



Red Kidney Beans



Brown Onion



Tomato



Parsley

Qty	Ingredients	
1	lime, zested & juiced	⊕
2 cloves	garlic, peeled & crushed	⊕
1 tsp	smoked paprika	
700g	pork loin steaks	
2 tbs	olive oil *	
2 cobs	corn, shucked & kernals removed	A
1	brown onion, finely chopped	
1 tin	red kidney beans, drained & rinsed	
1	tomato, diced	⊕
½ bunch	parsley, leaves picked	⊕

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	1630	Kj
Protein	49.3	g
Fat, total	11.1	g
-saturated	2	g
Carbohydrate	18.1	g
-sugars	3	g
Sodium	183	mg



You will need: *chopping board, chef's knife, zester, garlic crusher, sieve, medium bowl, two large frying pans and aluminium foil.*

1 Combine the **lime zest, lime juice, garlic, smoked paprika** and a good grind of **salt** and **pepper** in a medium bowl. Add the **pork loin steaks** and rub the marinade into the flesh. Set aside at room temperature to marinate for at least **15 minutes**.

2 Meanwhile, heat half of the **olive oil** in a large frying pan over a medium heat. Add the **corn kernels** and **brown onion** and season with salt and pepper. Cook, stirring, for **2 minutes** or until just tender, then add the **red kidney beans** to the pan. Cook, tossing, for **1 minute** or until warmed through (take care not to break up the beans). Add the **tomato** and toss to combine. Remove the pan from the heat and stir through the **parsley**. Season to taste with salt and pepper. Cover with foil to keep warm.

3 Remove the pork from the marinade and cook in a greased large frying pan over a medium-high heat 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 smokey pork. Enjoy!



Did you know? Corn originates from a wild grass which was domesticated by indigenous North American farmers approximately 9000 years ago.