



# Honey-Spiced Pork

with Carrot Fries & Chipotle Mayo

Grab your Meal Kit with this symbol



Carrot



Tomato



Baby Spinach Leaves



Aussie Spice Blend



Mild Chipotle Sauce



Pork Loin Steaks

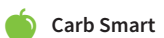


Shredded Cabbage Mix



Mayonnaise

Prep in: 20-30 mins  
Ready in: 30-40 mins



Let tonight's pork do all the talking with its perfect ratio of Aussie spice blend to honey, coating delicious pork to perfection. The best part doesn't end there; we've swapped carby fries for a cult classic, carrot fries, and with a slaw to round the dish out, this will be one to remember!

### Pantry items

Olive Oil, Butter, Honey, 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
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
<b>butter*</b>	20g	40g
<b>honey*</b>	½ tbs	1 tbs
shredded cabbage mix	1 bag (150g)	1 bag (300g)
<b>white wine vinegar*</b>	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
mild chipotle sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2187kJ (522Cal)	421kJ (100Cal)
Protein (g)	32.6g	6.3g
Fat, total (g)	32.2g	6.2g
- saturated (g)	11.6g	2.2g
Carbohydrate (g)	25g	4.8g
- sugars (g)	21.6g	4.2g
Sodium (mg)	1468mg	282mg
Dietary Fibre (g)	9.9g	1.9g

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://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

- Preheat the oven to **240°C/220°C fan-forced**. Cut **carrot** into fries.
- Roughly chop **tomato** and **baby spinach leaves**.



## Bake the carrot fries

- Spread **carrot fries** over a lined oven 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

- In a medium bowl, combine **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- When the carrot fries have **10 minutes** cook time remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **pork** for **3-4 minutes** each side (cook in batches if your pan is getting crowded).

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



## Glaze the pork

- Remove the pan from the heat, then add the **butter** and **honey** and turn the **pork** to coat.
- Transfer the **pork** to a plate, cover and rest for **5 minutes**.



## Toss the slaw

- While the pork is resting, in a second medium bowl, add **baby spinach**, **tomato**, **shredded cabbage mix**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine.
- In a small bowl, combine **mayonnaise** and **mild chipotle sauce**.



## Serve up

- Slice the honey-spiced pork. Divide the pork, carrot fries and slaw between plates.
- Serve with chipotle mayo and any remaining glaze from the pan. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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