



Jamaican-Spiced Pork & Coconut Sauce

with Roast Root Veggie & Kale Toss

Grab your Meal Kit with this symbol



Potato



Carrot



Sweet Potato



Beetroot



Kale



Garlic



Mild Caribbean Jerk Seasoning



Coconut Milk



Pork Loin Steaks

Prep in: **25-35 mins**
Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

We're giving meat and three veg a run for its money with this weeknight-friendly recipe. The juicy pork steaks are jazzed up with our mild Caribbean seasoning, which the creamy coconut sauce also gets a good dose of, while the vibrant veggie toss delivers the perfect balance of sweet and earthy flavours.

Pantry items

Olive Oil

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
potato	2	4
carrot	1	2
sweet potato	1	2
beetroot	1	2
kale	1 medium bag	2 medium bags
garlic	1 clove	2 cloves
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
coconut milk	1 medium tin	1 large tin

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	364kJ (86Cal)
Protein (g)	45.4g	6.1g
Fat, total (g)	25.3g	3.4g
- saturated (g)	15.1g	2g
Carbohydrate (g)	58g	7.8g
- sugars (g)	23g	3.1g
Sodium (mg)	897mg	120mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **sweet potato** into bite-sized chunks.
- Cut **beetroot** into small chunks.
- Tear **kale** leaves from the stem, then roughly chop the leaves. Set aside.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork loin steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate. Cover and set aside to rest for **5 minutes**.

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



Roast the veggies

- Place **potato, carrot, sweet potato** and **beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just tender, **15 minutes**.
- Remove **veggie** tray from oven, then add **kale** and a pinch of **salt**. Gently toss to combine.
- Return **veggies** to oven and roast until tender, a further **5-10 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Make the sauce

- While the pork is resting, return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook remaining **mild Caribbean jerk seasoning** until fragrant, **1 minute**.
- Stir in **coconut milk, pork resting juices** and a pinch of **pepper**. Cook, stirring, until thickened slightly, **2-3 minutes**.



Flavour the pork

- While the veggies are roasting, finely chop **garlic**.
- In a medium bowl, combine **garlic**, a drizzle of **olive oil** and 1/2 the **mild Caribbean jerk seasoning**.
- Add **pork loin steaks**, turning to coat.



Serve up

- Slice Jamaican-spiced pork.
- Divide pork and roast veggie toss between plates.
- Spoon coconut sauce over pork to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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