












# 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!**