



Caribbean Pulled Pork with Creamy Slaw

FRESH & FAST

Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2612kJ (624Cal) | Protein 35.4g | Fat, total 22.6g - saturated 3.3g | Carbohydrate 64.8g - sugars 23.7g | Sodium 1245mg
Calorie Smart | **Naturally Gluten-free** (Not suitable for coeliacs) | **Spicy** (Optional long red chilli) | **For allergens and ingredient information:** Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Contact us | hello@hellofresh.com.au
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Get ready

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'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Seasonal Veggie Mix	1 bag (150g)	2 bags (300g)
Pulled Pork	1 pkt	1 pkt
Coconut Sweet Chilli Mayonnaise	1 pkt (50g)	1 pkt (100g)

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.

1. Fry



Seasonal Veggie Mix



Microwavable Basmati Rice

2. Toss



Lemon



Shredded Red Cabbage



Coconut Sweet Chilli Mayonnaise



Mint



Long Red Chilli (Optional)



Pineapple Slices

3. Sizzle



Mild Caribbean Jerk Seasoning



Pulled Pork

- Heat a **drizzle** of **olive oil** in a large frying pan over medium-high heat
- Cook **veggie mix** until just softened, **2-3 mins**
- Add **rice** and stir until heated through, **2-3 mins**
- Transfer to a plate

- Meanwhile, slice **lemon** into wedges
- Grab a bowl. Combine **cabbage**, **coconut chilli mayo** and a **good squeeze** of **lemon juice**
- **Season** and toss
- Thinly slice the **mint** and **chilli** (if using)
- Drain and roughly chop **pineapple**

- Return pan to high heat with a **good drizzle** of **olive oil**
- Add **jerk spice** and **pulled pork**
- Stir until fragrant, **1-2 mins**
- Add a **dash** of **water** and stir
- Plate up **rice**, **pulled pork** and **slaw**
- Garnish with **mint** and **chilli** (if using)
- Top with **pineapple** and serve with **lemon** wedges

