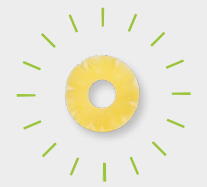




# CARIBBEAN PORK TACOS

with Pineapple Cucumber Salsa



Use the juice from the pineapple to make a tasty sauce!



Garlic



Pineapple Slices



Cucumber



Cos Lettuce



Long Red Chilli (Optional)



Pork Loin Steak



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Mayonnaise



Hands-on: 25 mins

Ready in: 25 mins



Spicy (optional long red chilli)

Dinner is all about balance. Just like how the sweet pineapple salsa balances the smoky spice blend on these morsels of pan-fried pork. Now the only tricky thing is balancing all the ingredients in your very full tacos as you try to eat them - don't worry, it's worth it!

**Pantry Staples:** Olive Oil, Vinegar (White Wine Or Balsamic), Sugar

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



### 1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Reserve **1 tbs** of juice from the **pineapple slices**, then drain and finely chop. Finely chop the **cucumber**. Shred the **cos lettuce** leaves. Thinly slice the **long red chilli** (if using).



### 2 ADD FLAVOUR TO THE PORK

Slice the **pork loin steak** into 0.5cm strips. In a medium bowl, combine the **pork, garlic, mild Caribbean jerk seasoning** and the **salt**. Season with a **pinch of pepper** and add a **good drizzle of olive oil**. Toss to coat and set aside.



### 3 MAKE THE PINEAPPLE CUCUMBER SALSA

Heat a large frying pan over a high heat. Once hot, add the **pineapple slices** and cook until browned, **3 minutes** each side. Transfer to a chopping board and roughly chop. In a small bowl, combine the chopped pineapple and **cucumber**. Add the **vinegar** and **sugar**, and season with **salt** and **pepper**. **Drizzle** with **olive oil** and mix well. Set aside.



### 4 COOK THE PORK

Return the frying pan to a high heat with a **drizzle of olive oil**. When the oil is hot, add **1/2** the **pork strips** to the pan and cook, tossing, until golden, **2-3 minutes**. Transfer to a plate. Repeat with the remaining pork.

**TIP:** *Cooking the meat in batches will stop it from stewing and keep it tender.*



### 5 HEAT THE TORTILLAS

Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through. In a small bowl, combine the **mayonnaise** and **reserved pineapple juice**.



### 6 SERVE UP

Bring everything to the table to serve. Add some cos lettuce to the base of a tortilla, then add a helping of the Caribbean pork. Top with some pineapple cucumber salsa. Drizzle over the pineapple mayo and garnish the adult portions with some long red chilli (if using).

**TIP:** *For kids, follow the serving suggestion in the main photo!*

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
pineapple slices	1 tin
cucumber	1
cos lettuce	1 bag
long red chilli (optional)	1
pork loin steak	1 packet
mild Caribbean jerk seasoning	2 sachets
salt*	½ tsp
vinegar* (white wine or balsamic)	1 tsp
sugar*	¼ tsp
mini flour tortillas	12
mayonnaise	2 tubs (80g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2540kJ (606Cal)	650kJ (155Cal)
Protein (g)	44.8g	11.5g
Fat, total (g)	21.3g	5.5g
- saturated (g)	2.6g	0.7g
Carbohydrate (g)	54.4g	13.9g
- sugars (g)	11.2g	2.9g
Sodium (g)	1520mg	389mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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