



Mumbai Pork & Spiced Cauliflower Rice

with Tomato Salad & Garlic Yoghurt

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Onion



Tomato



Pork Loin Steaks



Mumbai Spice Blend



Greek-Style Yoghurt



Mild North Indian Spice Blend



Cauliflower Rice



Mixed Salad Leaves



Pork Loin Steaks

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

We could pretend the main attraction here is the tender pork, but the real magic in this dish is the flavourful cauliflower rice, tossed through with garlic and spices. Then again, coating the pork in honey is hard to beat. It's a draw, both elements of this dish are too good, we'll have to eat it all!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	1
tomato	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
mild North Indian spice blend	1 medium sachet	1 large sachet
cauliflower rice	1 medium packet	1 large packet
butter*	20g	40g
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1759kJ (420Cal)	328kJ (78Cal)
Protein (g)	43.8g	8.2g
Fat, total (g)	14.4g	2.7g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	29.8g	5.6g
- sugars (g)	12.1g	2.3g
Sodium (mg)	763mg	142mg
Dietary Fibre (g)	9.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2457kJ (587Cal)	358kJ (86Cal)
Protein (g)	79.3g	11.6g
Fat, total (g)	17g	2.5g
- saturated (g)	8.8g	1.3g
Carbohydrate (g)	29.8g	4.3g
- sugars (g)	12.1g	1.8g
Sodium (mg)	837mg	122mg
Dietary fibre	9.8g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW15

1



Get prepped

- Finely chop **garlic** and **onion** (see ingredients). Cut **tomato** into wedges.
- In a medium bowl, combine **pork loin steaks**, **Mumbai spice blend**, a pinch of **salt** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste and set aside.

Custom Recipe: If you've doubled your pork loin steaks, flavour pork in a large bowl.

3



Cook the cauliflower rice

- While the pork is resting, wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Add **onion** and cook, until tender, **3-5 minutes**.
- Add remaining **garlic** and **mild North Indian spice blend** and cook, until fragrant, **1 minute**.
- Add **cauliflower rice** and the **butter**, then cook until softened, **2-4 minutes**. Season to taste.

2



Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and turn **pork** to coat. Transfer to a plate, cover and rest for **5 minutes**.

Custom Recipe: Cook in batches for best results. Return all pork to pan before adding honey.

4



Serve up

- In a large bowl, combine tomato, **mixed salad leaves** and a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Thinly slice pork.
- Divide spiced cauliflower rice between bowls. Top with tomato salad and Mumbai pork.
- Drizzle over garlic yoghurt to serve. Enjoy!

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