



Caribbean Pork & Coconut Sauce

with Kumara Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Kumara



Broccoli



Garlic



Coriander



Mild Caribbean Jerk Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Coconut Milk

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

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 with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
butter*	30g	60g
salt*	¼ tsp	½ tsp
broccoli	1 head	2 heads
garlic	1 clove	2 cloves
coriander	1 bunch	1 bunch
mild Caribbean jerk seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
baby spinach leaves	1 bag (60g)	1 bag (120g)
coconut milk	1 tin (165ml)	1 tin (400ml)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	431kJ (103Cal)
Protein (g)	49.8g	8.0g
Fat, total (g)	30.1g	4.8g
- saturated (g)	19.0g	3.0g
Carbohydrate (g)	34.4g	5.5g
- sugars (g)	14.6g	2.3g
Sodium (mg)	1150mg	184mg

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.



1. Make the kumara mash

Bring a medium saucepan of water to the boil. Peel and cut the **kumara** into 2cm chunks. Add the **kumara** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the **kumara** to the saucepan. Add the **butter** and the **salt** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



2. Get prepped

While the kumara is cooking, cut the **broccoli** into small florets, then roughly chop the stalk. 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** and a **drizzle of olive oil**. Add the **pork loin steaks** and toss to coat. In a medium frying pan, heat a **drizzle of olive oil** 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 and cover with foil to rest for **5-7 minutes**.

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.



4. Cook the garlic veggies

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and cook, tossing, until tender, **5-6 minutes**. Add the **garlic** and **baby spinach leaves** and cook until the garlic is fragrant and the spinach has wilted, **1 minute**. Season with **salt** and **pepper**. Transfer the garlic greens to the serving plates.



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 until fragrant, **1 minute**. Add the **coconut milk**, a **pinch of salt** and **pepper** and the **pork resting juices**. Stir and cook until thickened slightly, **2-3 minutes**.



6. Serve up

Thickly slice the pork. Divide the kumara mash and Caribbean pork between the plates with the garlic veggies. Pour over the coconut sauce and garnish with the coriander.

Enjoy!