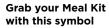
Caribbean Pork & Coconut Sauce

with Kumara Mash & Garlic Veggies















Coriander





Mild Caribbean Jerk Seasoning

Pork Loin Steaks





Baby Spinach Leaves

Coconut Milk



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

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	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
butter*	30g	60g
salt*	1/4 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 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



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!

the centre.