



MAR
2017

Cuban Pork

with Warm Confetti Salad

This warm pork and salad combo is sure to have tummies rumbling. This dish is an explosion of confetti-like colour and flavour we're sure you'll find dinner table-worthy. Buen provecho!

 **Prep**
30 min



Pork Chops



Sweet Potato



Kidney Beans



Red Onion



Plum Tomato



Corn



Garlic



Cajun Spice Blend



Cayenne




Lime



Cilantro

Ingredients

	2 People	4 People
Pork Chops	1 pkg (340 g)	2 pkg (680 g)
Sweet Potato, cubed	1 pkg (340 g)	2 pkg (680 g)
Kidney Beans	1 box	2 boxes
Red Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Plum Tomato	1	2
Corn	1 pkg (½ cup)	2 pkg (1 cup)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Cajun Spice Blend	1 pkg (1½ tbsp)	2 pkg (3 tbsp)
Cayenne 	1 pkg (1 tsp)	1 pkg (1 tsp)
Lime	1	2
Cilantro	1 pkg (10 g)	1 pkg (10 g)

Olive or Canola Oil*

Nutrition per person Calories: 712 cal | Fat: 15 g | Protein: 58 g | Carbs: 83 g | Fibre: 21 g | Sodium: 832 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

*Not Included

Allergens

(None)

Tools

Baking Sheet, Strainer, Zester, Large Non-Stick Pan, Measuring Spoons, Large Bowl

Ruler

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4



1 Preheat the oven to 450°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!

4



2 Bake the sweet potatoes: Wash and dry all produce. Toss the **sweet potatoes** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

5



3 Prep: Drain and rinse the **beans**. Cut the **tomato(es)** into ½-inch cubes. Mince or grate the **garlic**. Zest, then juice the **lime(s)**. Finely chop the **cilantro**.

4 Cook the veggies: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until the onion softens, 3-4 min. Add the **corn, beans, tomatoes, 1 tbsp spice blend** (double for 4 people) and as much **cayenne** as you like. Cook, stirring occasionally, until warmed through, 2-3 min. Transfer to a large bowl and cover to keep warm.

5 Cook the pork chops: Season the **pork** with the **garlic, remaining spice blend, salt** and **pepper**. Heat the same pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. Cook until golden-brown and cooked to desired doneness, 4-5 min per side. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

6 Assemble confetti salad: Meanwhile, toss the **sweet potatoes** into the **veggies**. Add the **lime zest, 1 tbsp lime juice** and a drizzle of **oil**. Taste and add more lime juice, **1 tsp** at a time, if you want it more tangy. Season with **salt** and **pepper**.

7 Finish and serve: Divide the **pork** and **confetti salad** between plates. Sprinkle with **cilantro** and enjoy!

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