



JAN  
2017

## Jerk Pork

with Coconut Tomato Rice and Beans

Pork coated in a tasty Jamaican-style jerk sauce is on the menu tonight! The sauce adds a bit of a kick to the dish, and the coconut milk adds a creaminess to the rice and beans... Yum!



Pork Tenderloin



Jerk Sauce



Onion



Garlic



Red Pepper



Campari Tomatoes



Chili Flakes



Basmati Rice



Coconut Milk



Thyme



Black Beans

## Ingredients

|  | 2 People      | 4 People      |
|--|---------------|---------------|
| Pork Tenderloin, sliced  | 1 pkg (340 g) | 2 pkg (680 g) |
| Jerk Sauce   | 1 pkg (¼ cup) | 2 pkg (½ cup) |
| Onion, chopped   | 1 pkg (113 g) | 2 pkg (227 g) |
| Garlic   | 1 pkg (10 g)  | 2 pkg (20 g)  |
| Red Pepper   | 1             | 2             |
| Campari Tomatoes   | 2             | 4             |
| Chili Flakes  | 1 pkg (1 tsp) | 1 pkg (1 tsp) |
| Basmati Rice   | 1 pkg (170 g) | 2 pkg (340 g) |
| Coconut Milk   | 1 can         | 2 cans        |
| Thyme  | 1 pkg (7 g)   | 2 pkg (14 g)  |
| Black Beans  | 1 box         | 2 box         |
| Sugar*   | 2 tsp         | 4 tsp         |
| Olive or Canola Oil*   |               |               |

\*Not Included

## Allergens

(None)

## Tools

Medium Pot, Medium Bowl, Large Non-Stick Pan, Measuring Spoons, Measuring Cups

Ruler

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**Nutrition per person** Calories: 817 cal | Fat: 26 g | Protein: 50 g | Carbs: 85 g | Fibre: 11 g | Sodium: 243 mg

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

1



**1 Prep: Wash and dry all produce.** Bring the **coconut milk** and  $\frac{2}{3}$  **cups salted water** (double for 4 people) in a medium pot to a boil. Mince or grate the **garlic**. Core, then thinly slice the **red pepper**. Chop **tomatoes** into  $\frac{1}{2}$ -inch cubes. Drain and rinse the **beans**. Pick **1 tbsp thyme leaves** (double for 4 people) from **half the thyme sprigs**.

2



**2 Marinate the pork:** In a medium bowl, combine the **jerk sauce** and **sugar**. Add **pork** and mix to coat all over. Set aside to marinate.

4



**3 Cook the rice:** Add **rice** and **remaining thyme sprigs** (no need to chop or strip the stems!) to the boiling **coconut-water mixture**. Reduce the heat to medium-low. Cover with a lid, and cook until the rice is tender and the water has been absorbed, 10-12 min.

**4 Cook the pork:** Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. (**TIP:** If your pan isn't big enough simply fry them in batches as you don't want your pan overcrowded.) Cook the pork until browned and cooked through, 3-4 min per side. (**TIP:** Inserting a thermometer into cooked meat should display an internal temperature of 160°F.)

**5 Cook the veggies:** Meanwhile, add another drizzle of **oil** in the same pan, then the **onions**. Cook until softened, 3-4 min. Add the **garlic, red pepper, tomatoes, thyme leaves** and as much **chili flakes** as you dare. Cook until the peppers are tender-crisp, 2-3 min. Season with **salt** and **pepper**.

**6 Finish and serve:** Remove the **thyme stems** from the **rice** (they are not fun to eat!) Stir the **beans** into the rice. Serve the **rice and beans** in bowls and top with the **pork** and **veggies**. Drizzle over any **juices** left in the pan. Enjoy!

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