



# Cajun Pork

with Bulgur Wheat and Garlicky Spring Greens



## HELLO HONEY

*A cave painting in Valencia suggests that we have been hunting for honey for over 8,000 years!*



Cajun Spice Blend



Honey



Pork Loin Steak



Chicken Stock Powder



Bulgur Wheat



Echalion Shallot



Garlic Clove



Tomato Passata



Spring Greens

Making bulgur from wheat is one of the oldest food processes in the world - some say it's over 4000 years old. When something's been around for that long, you know it must be pretty solid. Add that to rich, deep Cajun pork and some simple garlicky spring greens and you've got yourself a bit of a feast!

MEAL BAG

- 35 mins
- 2 of your 5 a day
- Very hot

2

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan** (with a **Lid**), **Mixing Bowl, Fine Grater** (or **Garlic Press**), two **Frying Pans**, a **Baking Tray** and some **Foil**. Now, let's get cooking!



### 1 MARINATE THE PORK

Preheat your oven to 200°C. Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. Meanwhile, put the **Cajun spice blend, honey** and a splash of **oil** in a mixing bowl. **★ TIP:** *The Cajun spice blend is hot so only use a little if you don't like spice!* Add the **pork** and mix around with your hands until it is fully coated. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



### 2 COOK THE BULGUR

Add the **stock powder** to your saucepan of boiling **water** and give it a stir. Stir in the **bulgur**, bring back to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve. Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press).



### 3 ROAST THE PORK

Put a frying pan on medium-high heat (no oil). Once hot, add the **pork** with all of its **marinade**. Cook until browned, 3-4 mins on each side. Transfer the **pork** to a baking tray, cover with foil and roast on the top shelf of your oven for 7-10 mins. Keep the pan! Once cooked, remove from the oven and leave to rest, still covered with the foil. **❗ IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.*



### 4 MAKE THE SAUCE

In the meantime, put your now empty frying pan (no need to wash!) back on medium heat and add the **shallot**. Cook until the **shallot** has softened, 4-5 mins. Add the **tomato passata**, a pinch of **salt**, some **pepper** and a pinch of **sugar** (if you have some). Simmer until thick, 4-5 mins. Remove from the heat.



### 5 FRY THE GREENS

Heat a splash of **oil** in another frying pan on medium heat and add the **spring greens** along with a pinch of **salt** and **pepper**. Cook until wilted, 4-5 mins. Add the **garlic** and cook for another minute. Get ready to dish up!



### 6 SERVE

When everything is ready, fluff up the **bulgur wheat** with a fork and divide between your plates. Cut the **Cajun pork** into thick slices and serve on top with the **garlicky spring greens** on the side. Drizzle over some of the **tomato sauce** and any **juices** left in the baking tray. **Tuck in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	200ml	300ml	400ml
Cajun Spice	½ small pot	¾ small pot	1 small pot
Honey	1 sachet	1½ sachets	2 sachets
Pork Loin Steak *	2	3	4
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Bulgur Wheat 13)	100g	150g	200g
Echalion Shallot *	1	1	2
Garlic Clove *	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Spring Greens *	1 small pack	1 small pack	1 large pack

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 392G	PER 100G
Energy (kJ/kcal)	2132 / 510	543 / 130
Fat (g)	15	4
Sat. Fat (g)	5	1
Carbohydrate (g)	55	14
Sugars (g)	15	4
Protein (g)	37	9
Salt (g)	1.02	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

13) Gluten

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### 👍 THUMBS UP OR THUMBS DOWN?

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