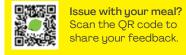
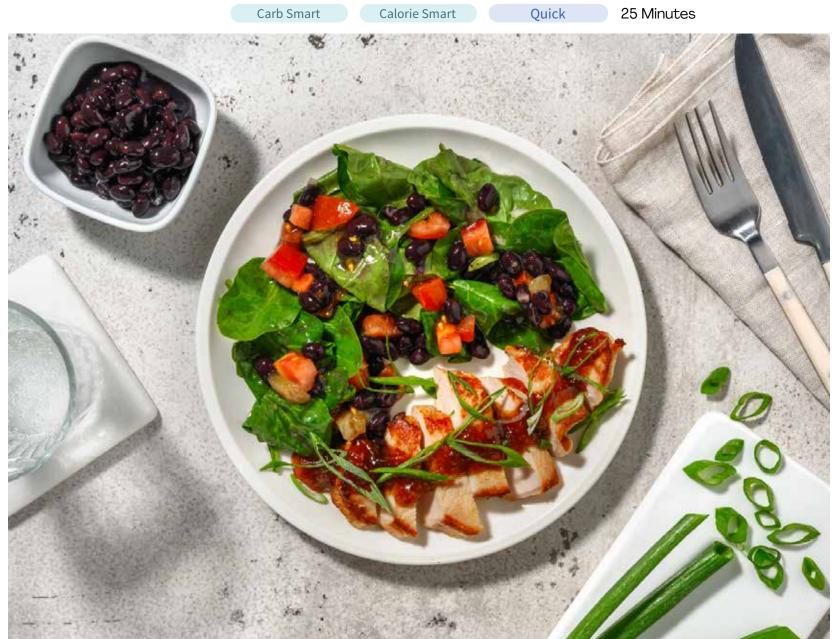


Carb Smart Island Jerk Pork Salad

with Black Beans and Mango Vinaigrette









Pork Chops, boneless





Green Onion







Roma Tomato





Black Beans



Jerk Sauce

Mango Chutney

Red Wine Vinegar

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, large bowl, parchment paper, 2 small bowls, large nonstick pan, paper towels

Ingredients

3. 3.1.3.1.3		
	2 Person	4 Person
Pork Chops, boneless	340 g	680 g
Baby Spinach	113 g	227 g
Roma Tomato	80 g	160 g
Green Onion	1	2
Black Beans	185 ml	370 ml
Mango Chutney	4 tbsp	8 tbsp
Jerk Sauce	2 tbsp	4 tbsp
Red Wine Vinegar	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep pork

- Combine jerk sauce and 2 tbsp (4 tbsp)
 mango chutney in a small bowl. Set aside
 half of this mixture in another small bowl.
- Pat **pork** dry with paper towels, then season with **salt** and **pepper**.



Cook pork

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ tbsp (1 tbsp) oil, then pork. Pan-fry until golden, 2-3 min per side, then transfer pork to a parchment lined baking sheet. Spoon half of the jerk-mango sauce over pork.
- Roast in the middle of the oven until cooked through, 8-10 min.**



Prep

- Meanwhile, using a strainer, drain and rinse half the black beans (use all for 4 ppl).
- Cut tomatoes into 1/4-inch pieces.
- Thinly slice **green onions**, keeping **white** and **green parts** separate.



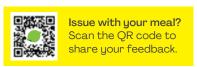
Marinate black beans

- Add vinegar, 1 tbsp (2 tbsp) mango chutney and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then stir to combine.
- Add black beans, tomatoes, and green onion whites. Stir to coat.



Finish and serve

- Add spinach to bowl with black beans. Toss to coat.
- Thinly slice **pork**.
- Divide salad and pork between plates.
- Spoon **reserved jerk-mango sauce** over **pork**.
- Sprinkle remaining green onions over top.



Dinner Solved!