



Carb Smart Island Jerk Pork Salad

with Black Beans and Mango Vinaigrette

Carb Smart Calorie Smart Quick 25 Minutes



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Pork Chops,
boneless



Baby Spinach



Roma Tomato



Green Onion



Black Beans



Mango Chutney



Jerk Sauce



Red Wine Vinegar

HELLO MANGO CHUTNEY

This sweet and zingy condiment pairs well with Caribbean flavours!

Start here

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

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

Bust out

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

Ingredients

	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 medium-high 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 ¼-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!



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