



## Pork and Sweet Potato Hash

with Avocado and Coriander



20-30min



2 Portions

Winter blues got you hatching an escape plan? Us too. While we can't serve you an airline ticket on a plate, we can re-route your tastebuds to the sunny Caribbean with this casual, island-inspired dish. And did we use the 'E' word yet? Because this is dinner couldn't be easier to make; saute the meat, toss in the cooked sweet potato, slice the avocado, then scatter over some herbs and you're d...

## What we send

• 1,6,17

## What you'll require

- boiling water
- olive oil
- sea salt and pepper

## Utensils

- medium frypan with lid
- medium saucepan

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

In keeping with our nutritional guidelines, we suggest using half the avocado, but feel free to use it all if you wish.

## Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 580kcal, Fat 32.0g, Carbs 32.0g, Proteins 35.0g



### 1. Prepare sweet potatoes

**Read through the recipe.** Peel the **sweet potato**, then cut into 2-3cm chunks. Put in a medium saucepan, cover with water and bring to the boil. Reduce the heat to medium and cook for 8-10 mins until just tender. Drain.



### 2. Prepare ingredients

Meanwhile, finely chop the **onion** and **celery**. Crush or finely chop the **garlic**.



### 3. Cook onion

Heat **1 tbs olive oil** in a medium frypan over medium heat. Cook the **onion** and **celery**, stirring often, for 3-5 mins until softened.



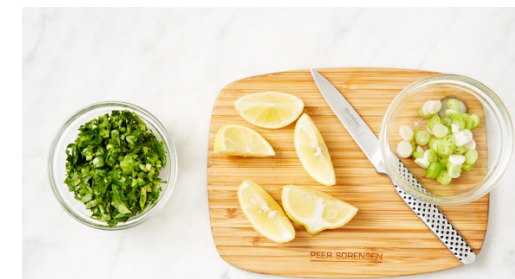
### 4. Cook pork

Increase the heat to medium-high, then cook the **pork mince**, **garlic** and **jerk seasoning**, breaking up the lumps with a spoon, for 5 mins or until the pork is beginning to brown.



### 5. Add sweet potato

Add the **sweet potato** and **60ml (¼ cup) boiling water** to the pan. Taste, season with **salt and pepper** and stir to combine. Reduce the heat to low, then cover to keep hot.



### 6. Get ready to serve

Trim and thinly slice the **spring onion**. Coarsely chop the **coriander** leaves, discarding the stems. Slice **half the avocado flesh** (see cooking tip). Cut the **lemon** into wedges. Divide the **hash**, **avocado**, **coriander** and **spring onion** among bowls, then serve with **lemon wedges**.