



HEALTHY

Pork and Sweet Potato Hash

with Avocado and Coriander



20-30min



4 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

- large frypan with lid
- large saucepan

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

Allergens

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

Nutrition per serving

Energy 535kcal, Fat 27.4g, Carbs 31.7g, Proteins 34.9g



1. Prepare sweet potatoes

Read through the recipe. Peel the **sweet potatoes**, then cut into 2-3cm chunks. Put in a large 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 **2 tbs olive oil** in a large frypan over medium heat. Cook the **onion** and **celery**, stirring often, for 3-5 mins until softened.



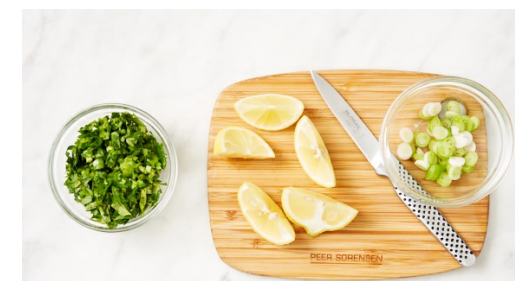
4. Cook pork

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 **125ml (½ 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 the **avocado** flesh. Cut the **lemon** into wedges. Divide the **hash**, **avocado**, **coriander** and **spring onion** among bowls, then serve with **lemon wedges**.