



Teriyaki Pork & Sesame Roasted Pumpkin with Pear Salad

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit
with this symbol



Peeled Pumpkin
Pieces



Mixed Sesame
Seeds



Pear



Carrot



Mixed Salad
Leaves



Teriyaki Sauce



Pork Loin
Steaks



Chicken
Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Eat Me Early*
**Custom Recipe only*

What's an instant way to bring bold flavours to pork steaks? Add this sweet 'n' salty teriyaki glaze. Teamed with roasted sesame pumpkin and a crisp salad, this meal will make your tastebuds sing!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| peeled pumpkin pieces | 1 bag (400g) | 1 bag (800g) |
| mixed sesame seeds | ½ large sachet | 1 large sachet |
| pear | 1 | 2 |
| carrot | 1 | 2 |
| mixed salad leaves | 1 small bag | 1 medium bag |
| teriyaki sauce | 1 packet (65g) | 1 packet (130g) |
| brown sugar* | 1 tbs | 2 tbs |
| vinegar* (white wine or rice wine) | ½ tbs | 1 tbs |
| pork loin steaks | 1 packet | 1 packet |
| chicken breast** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1894kJ (453Cal) | 360kJ (86Cal) |
| Protein (g) | 41.5g | 7.9g |
| Fat, total (g) | 12.9g | 2.5g |
| - saturated (g) | 2.5g | 0.5g |
| Carbohydrate (g) | 39.9g | 7.6g |
| - sugars (g) | 29.3g | 5.6g |
| Sodium (mg) | 614mg | 117mg |
| Dietary Fibre (g) | 7.7g | 1.5g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 1955kJ (467Cal) | 365kJ (87Cal) |
| Protein (g) | 38.5g | 7.2g |
| Fat, total (g) | 16g | 3g |
| - saturated (g) | 3.4g | 0.6g |
| Carbohydrate (g) | 39.9g | 7.4g |
| - sugars (g) | 29.3g | 5.5g |
| Sodium (mg) | 639mg | 119mg |
| Dietary fibre | 7.7g | 1.4g |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW29



1



Roast the sesame pumpkin

- Preheat oven to **220°C/200°C fan-forced**.
- Place **peeled pumpkin pieces** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **mixed sesame seeds (see ingredients)** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

Little cooks: Kids can help sprinkle over the mixed sesame seeds.

3



Cook the pork

- When the veggies have **10 minutes** remaining, season **pork loin steaks**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Remove the frying pan from heat, then add **teriyaki sauce mixture** and turn **pork** to coat until glaze has reduced slightly.
- Transfer **pork** to a plate and allow to rest for **5 minutes**.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Season. Heat the pan as above. Cook chicken until cooked through, 3-6 minutes each side. Remove pan from heat, then add sauce as above.

2



Get prepped

- Meanwhile, thinly slice **pear**. Grate the **carrot**.
- In a medium bowl, add **mixed salad leaves**, **pear**, **carrot** and a drizzle of **vinegar** and **olive oil**. Season to taste. Set aside.
- In a small bowl, combine **teriyaki sauce**, the **brown sugar** and the **vinegar**. Set aside.

Little cooks: Kids can take charge by combining the ingredients for the sauce!

4



Serve up

- Toss salad to combine. Slice seared pork.
- Divide sesame-roasted pumpkin, pear salad and pork between plates.
- Spoon any remaining teriyaki glaze over pork to serve. Enjoy!

Little cooks: Kids can add the finishing touch by spooning over the teriyaki glaze. Careful it might be hot!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate