



Honey-Soy Pork & Eggplant Salad Bowl

with Sesame Avocado & Creamy Dressing

SUMMER SALADS

NEW

AIR FRYER FRIENDLY

Grab your meal kit with this number

13



Eggplant



Carrot



Avocado



Pork Mince



Sweet Soy Seasoning



Shredded Cabbage Mix



Sesame Dressing



Crispy Shallots



Coriander



Pork Mince



Beef Mince

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

Carb Smart

Have you ever seen a salad as bright and colourful as this one? Cabbage and pickled carrot make up the base of this bowl, topped off with creamy and crunchy sesame-crusted avocado, tender Asian-spiced pork and crispy golden cubes of eggplant. This dish is already bursting with flavour, but go on, add a drizzle of sesame dressing - you know you want to!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Air fryer oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
avocado	1 (small)	1 (large)
pork mince	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
honey*	2 tsp	1 tbs
shredded cabbage mix	1 medium packet	1 large packet
sesame dressing	1 medium packet	1 large packet
crispy shallots	1 medium sachet	1 large sachet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (595cal)	257kJ (61cal)
Protein (g)	29.4g	3g
Fat, total (g)	40.4g	4.2g
- saturated (g)	9.8g	1g
Carbohydrate (g)	24.9g	2.6g
- sugars (g)	15.9g	1.6g
Sodium (mg)	589mg	60.8mg
Dietary Fibre (g)	9.1g	0.9g

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.

1



Cook the eggplant

- Cut **eggplant** into 1cm chunks.
- In a medium bowl, combine **eggplant**, a pinch of **salt** and a generous drizzle of **olive oil**.
- Set air fryer to **200°C**. Place **eggplant** into the air fryer basket and cook for **10 minutes**. Shake the basket, then cook until tender, a further **5-10 minutes**.

TIP: No air fryer? Preheat oven to 220°C/200°C fan-forced. Prepare eggplant as above. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Add **sweet soy seasoning** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add the **honey** and a splash of **water**. Stir through **eggplant**. Season to taste.

2



Get prepped

- Meanwhile, using a vegetable peeler, peel **carrot** into ribbons.
- In a medium bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Add **carrot** to pickling liquid with enough water to just cover **carrot**. Set aside.
- Slice **avocado** in half, scoop out flesh and cut into halves.

4



Serve up

- Drain pickled carrot.
- In a second medium bowl, combine **shredded cabbage mix**, carrot, **sesame dressing** (reserve a portion to serve) and a drizzle of **olive oil**. Season to taste.
- Divide salad between bowls. Top with honey-soy pork, eggplant and avocado.
- Sprinkle over **crispy shallots**, tear over **coriander** and drizzle over reserved sesame dressing to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

