



# Balsamic-Glazed Pork & Cucumber Salad

with Tomato & Herby Mayonnaise

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Cucumber



Radish



Tomato



Pork Loin Steaks



Classic Roast Seasoning



Balsamic Glaze



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Pork Loin Steak

Prep in: 15-25 mins  
Ready in: 25-35 mins



Protein Rich



Carb Smart

Get ready to savour the sweet and tangy goodness of tonight's spectacular salad. A fresh, crisp salad is topped with balsamic-glazed pork, perfectly caramelised and juicy! Don't forget the drizzle of herby mayo—it's the creamy finishing touch that ties this delicious meal together!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1 (medium)	1 (large)
radish	1	2
tomato	1	2
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
balsamic glaze	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1637kJ (391cal)	224kJ (53cal)
Protein (g)	38g	5.2g
Fat, total (g)	21.1g	2.9g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	11.7g	1.6g
- sugars (g)	10g	1.4g
Sodium (mg)	721mg	98.6mg
Dietary Fibre (g)	3.3g	0.5g

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



## Get prepped

- Slice **cucumber** into half-moons.
- Thinly slice **radish**.
- Cut **tomato** into thin wedges.
- In a medium bowl, combine **pork loin steaks, classic roast seasoning** and a drizzle of **olive oil**.



## Toss the salad

- In a second medium bowl, combine **mixed salad leaves, cucumber, radish, tomato** and a drizzle of **vinegar** and **olive oil**.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add **balsamic glaze** and turn **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.



## Serve up

- Slice pork.
- Divide cucumber salad between bowls.
- Top with balsamic-glazed pork.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



### CUSTOM OPTIONS

**+** **ADD GRATED PARMESAN CHEESE**  
Sprinkle over before serving.

**+** **DOUBLE PORK LOIN STEAK**  
Follow method above, cooking in batches if necessary.

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

