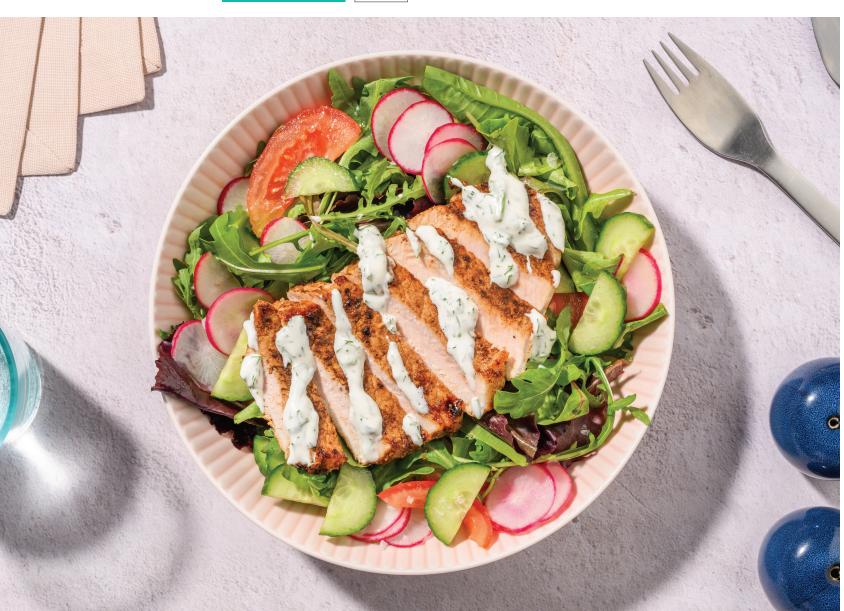


# Balsamic-Glazed Pork & Cucumber Salad

with Tomato & Herby Mayonnaise

SUMMER SALADS

NEW



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Pork Loin



Classic Roast Seasoning





Mixed Salad Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



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

**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
olive oil*	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
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

<sup>\*</sup>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 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.



### 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.



#### Toss the salad

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



## 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!