

Easy Asian Pork & Pickled Carrot Salad

with Coriander & Crispy Shallots

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Radish



Carrot



Pork Loin Steaks



Seasoning Blend



Soy Sauce Mix



Sweet Chilli Sauce



Japanese Dressing



Shredded Red Cabbage



Mixed Salad Leaves



Crispy Shallots



Coriander



Pork Loin Steaks



Chicken Breast

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



Protein Rich



Carb Smart

This vibrant Asian salad is a refreshing, flavour-packed dish. Tender, caramelised pork loin is coated in a sweet chilli and soy glaze, balanced with tangy quick-pickled carrot and radish, crisp lettuce, and fresh herbs. Topped with a drizzle of zingy dressing, it's a perfect harmony of bright flavours and textures for a light but satiating meal.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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
radish	1	2
carrot	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
seasoning blend	1 sachet	2 sachets
soy sauce mix	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
Japanese dressing	1 packet	2 packets
shredded red cabbage	1 medium packet	2 medium packets
mixed salad leaves	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)	1677kJ (400Cal)	370kJ (88Cal)
Protein (g)	39.7g	8.8g
Fat, total (g)	11.6g	2.6g
- saturated (g)	3.5g	0.8g
Carbohydrate (g)	30.8g	6.8g
- sugars (g)	19.5g	4.3g
Sodium (mg)	1837mg	406mg
Dietary Fibre (g)	5.4g	1.2g

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



Get prepped

- Thinly slice **radish**. 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** and **radish** to pickling liquid. Add enough **water** to just cover. Set aside.

TIP: Slicing the veggies very thinly helps it pickle faster!

3



Toss the salad

- Meanwhile, drain **pickled carrot** and **radish**, reserving a splash of the pickling liquid.
- In a large bowl, combine **Japanese dressing**, **shredded red cabbage**, **mixed salad leaves**, **pickled vegetables** and the **reserved pickling liquid**. Season to taste.

2



Cook the pork

- In a medium bowl, combine **pork loin steaks**, **seasoning blend** and a drizzle of **olive oil**.
- 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 **soy sauce mix**, **sweet chilli sauce** and a splash of **water** and turn to coat. Transfer to a plate, cover and rest for **5 minutes**.

4



Serve up

- Slice pork.
- Divide pickled carrot salad between bowls. Top with Asian pork.
- Drizzle with any remaining glaze. Sprinkle with **crispy shallots** and tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

