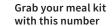


Chargrilled Asian Pork Steak & Corn Cobs

with Zesty Sweet Chilli Salad

GOOD TO BBQ













Carrot



Cucumber



Pork Loin

Steaks







Mixed Salad Leaves



Crispy Shallots



Pork Loin Steaks



Prep in: 20-30 mins Ready in: 30-40 mins

Carb Smart





Summer is the best time to explore fresh and fragrant flavours! Let's break out the BBQ tongs and grill up an Asian-spiced pork steak, served alongside a garlic-butter brushed corn cob that's bursting with sweetness. For a touch of vibrancy, we've added a crisp and colourful salad tossed in a sweet chilli dressing. Sounds like a winner to us!

Pantry items Olive Oil, Butter

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

BBQ or medium saucepan and large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
corn	1	2	
lemon	1/2	1	
garlic	2 cloves	4 cloves	
carrot	1	2	
cucumber	1 (medium)	1 (large)	
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet	
sweet soy seasoning	1 sachet	2 sachets	
butter*	15g	30g	
sweet chilli sauce	1 small packet	1 medium packet	
mixed salad leaves	1 medium packet	1 large packet	
crispy shallots	1 medium sachet	1 large sachet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1991kJ (355cal)	355kJ (63cal)
Protein (g)	43.8g	7.8g
Fat, total (g)	12.6g	2.2g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	42g	7.5g
- sugars (g)	21.5g	3.8g
Sodium (mg)	610mg	108.7mg
Dietary Fibre (g)	11.4g	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.



Get prepped

- · Preheat BBQ to high heat.
- Halve corn and lemon.
- Finely chop garlic.
- Using a vegetable peeler, peel carrot and cucumber into ribbons.
- To a medium bowl, add pork loin steaks, sweet soy seasoning and a drizzle of olive oil. Toss to coat.
- In a small microwave-safe bowl, combine garlic and the butter. Microwave in 10 second bursts, until melted.



Grill the corn

- When BBQ is hot, add corn and cook, turning, until charred and cooked through, 10-15 minutes.
- Brush corn cobs with **garlic butter** and season with **salt** and **pepper**.

NO BBQ? Half-fill a medium saucepan with water and bring to the boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Cover to keep warm.



Grill the pork

 Meanwhile, grill pork loin steaks until charred and cooked through, 2-4 minutes each side.
 Transfer to a plate to rest for 5 minutes.

NO BBQ? Heat a large frying pan over medium-high heat with a drizzle of olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side. Transfer to a plate, cover and rest for 5 minutes.



Grill the lemon

 While pork is resting, grill lemon, cut side down, until charred, 2-3 minutes.

NO BBQ? Return frying pan to high heat and cook lemon, cut side down, until charred, 1-2 minutes.



Toss the salad

- In a large bowl, combine sweet chilli sauce, a good squeeze of lemon juice and a drizzle of olive oil.
- Add cucumber, carrot, and mixed salad leaves.
 Toss to coat and season to taste.



Finish & serve

- · Thinly slice pork.
- Divide chargrilled Asian pork steak, zesty sweet chilli salad and corn cobs between plates.
- Sprinkle with crispy shallots.
- Serve with the remaining charred lemon. Enjoy!







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.

