

Chargrilled Asian Pork Steak & Corn Cobs

with Zesty Sweet Chilli Salad

GOOD TO BBQ

Grab your meal kit with this number

13



Corn



Lemon



Garlic



Carrot



Cucumber



Pork Loin Steaks



Sweet Soy Seasoning



Sweet Chilli Sauce



Mixed Salad Leaves



Crispy Shallots



Pork Loin Steaks



Chicken Breast

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



Protein Rich



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

	2 People	4 People
olive oil*	refer to method	refer to method
corn	1	2
lemon	½	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 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.



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.



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.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



CUSTOM OPTIONS

+ DOUBLE PORK LOIN STEAKS

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.

