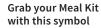
# Easy Miso & Honey-Glazed Pork with Sesame Fries & Garlic Aioli











Mixed Sesame

Miso Paste





Pork Loin

Cucumber





Crispy Shallots

Garlic Aioli

**Pantry items** 

Olive Oil, Rice Wine Vinegar, Honey

Hands-on: 15-25 mins Ready in: 30-40 mins



Whip up a modern fusion meal that hits the spot! It stars miso paste, the Japanese staple ingredient made from fermented soy beans that is salty and full of flavoursome umami. We've mixed up the miso into a sweet and savoury sauce for tender pork, with some inventive sides for a classic meal that will surprise and delight.

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
mixed sesame seeds	1 sachet	1 sachet	
miso paste	½ packet	1 packet	
water*	1 tsp	2 tsp	
rice wine vinegar*	drizzle	drizzle	
pork loin steaks	1 packet	1 packet	
cucumber	1 (medium)	1 (large)	
honey*	drizzle	drizzle	
slaw mix	1 bag (150g)	1 bag (300g)	
crispy shallots	1 packet	1 packet	
garlic aioli	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	459kJ (110Cal)
Protein (g)	44.7g	7.7g
Fat, total (g)	29.2g	5g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	55.6g	9.6g
- sugars (g)	22.4g	3.9g
Sodium (mg)	1200mg	206mg

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.



### Bake the fries

Preheat oven to 240°C/220°C fan-forced. Cut potato into fries, then place
on a lined oven tray. Drizzle with olive oil, sprinkle over mixed sesame
seeds and season with salt and pepper. Toss to coat, spread out evenly,
then bake until tender, 20-25 minutes.



# Flavour the pork

- Meanwhile, combine miso paste (see ingredients), the water and a drizzle of rice wine vinegar and olive oil in a large bowl. Add pork loin steaks and turn to coat. Set aside.
- Thinly slice cucumber into half-moons. In a second large bowl, combine
  a drizzle of olive oil and rice wine vinegar with a good pinch of salt.
  Set aside.



# Cook the pork

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
   When oil is hot, cook pork until cooked through, 3-4 minutes each side (depending on thickness).
- In last minute of cook time, add a drizzle of honey and any remaining miso mixture, turning pork to coat. Transfer to a plate and cover with foil to rest for 5 minutes.

**TIP:** The miso mixture will char slightly in the pan, this adds to the flavour!



# Serve up

- While the pork is resting, add slaw mix and cucumber to vinegar dressing.
   Toss to combine and season to taste.
- Slice miso and honey-glazed pork. Divide sesame fries, slaw and pork between plates. Spoon any resting juices over pork. Sprinkle over crispy shallots. Serve with garlic aioli.

# Enjoy!