



Easy Miso & Honey-Glazed Pork

with Sesame Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Pork Loin Steaks



Cucumber



Slaw Mix



Crispy Shallots



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Calorie Smart

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.

Pantry items

Olive Oil, Rice Wine Vinegar, Honey

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

	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)

*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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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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**.



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!



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.



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!