

Miso-Glazed Pork

with Sesame Fries & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Miso Paste



Cucumber



Crispy Shallots



Garlic Aioli



Pork Loin Steaks



Slaw Mix

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!

Prep in: 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, Brown Sugar, Rice Wine Vinegar

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 medium sachet	1 large sachet
miso paste	½ packet	1 packet
brown sugar*	1 tsp	2 tsp
water*	1 tsp	2 tsp
rice wine vinegar*	1 tsp	2 tsp
pork loin steaks	1 packet	1 packet
cucumber	1 (medium)	1 (large)
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 medium packet	1 large packet
crispy shallots	1 packet	1 packet

*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.

1



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**.

3



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 the **last minute** of cook time, add 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!*

2



Get prepped

- Meanwhile, combine **miso paste** (see ingredients), the **brown sugar**, **water** and the **rice wine vinegar** 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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