



Easy Pork Loin & Peanut Satay Sauce

with Sesame Roast Veggie Toss

Grab your Meal Kit with this symbol



Parsnip



Carrot



Brussels Sprouts



Red Onion



Black Sesame Seeds



Garlic



Pork Loin Steaks



Ginger Lemongrass Paste



Crushed Peanuts



Teriyaki Sauce



Baby Spinach Leaves



Long Green Chilli (Optional)



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



Carb Smart



Spicy (optional long green chilli)

Pork and veggies are a tried-and-true Asian-inspired favourite. But to get it just right, you have to hone in on the sauce, which can make or break the dish. Luckily, we've got a good one: we're blending crunchy crushed peanuts with garlic, ginger lemongrass and teriyaki sauce, then drizzling it all over to create waves of savoury goodness throughout.

Pantry items

Olive Oil

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
parsnip	1	2
carrot	1	2
Brussels sprouts	1 bag (150g)	1 bag (300g)
red onion	1 (medium)	1 (large)
black sesame seeds	1 sachet	1 sachet
garlic	2 cloves	4 cloves
pork loin steaks	1 packet	1 packet
ginger	½ packet (20g)	1 packet (40g)
lemongrass paste	½ packet	1 packet
crushed peanuts	1 packet (65g)	1 packet (130g)
teriyaki sauce	1 packet (30g)	1 bag (60g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
long green chilli (optional)	½	1

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1700kJ (406Cal)	361kJ (86Cal)
Protein (g)	43.9g	9.3g
Fat, total (g)	12.2g	2.6g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	29.5g	6.3g
- sugars (g)	17.9g	3.8g
Sodium (mg)	824mg	175mg
Dietary Fibre(g)	3.5g	0.7g

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.



Roast the sesame veggie chunks

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** and **carrot** into bite-sized chunks. Halve the **Brussels sprouts**. Slice the **red onion** into wedges. Place the **veggies**, **black sesame seeds** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Make the peanut sauce

Finely chop the **garlic**. While the pork is resting, return the frying pan to a medium heat. Cook the **garlic**, **ginger lemongrass paste** (see ingredients) and **crushed peanuts** (see ingredients) until fragrant, **1 minute**. Add the **teriyaki sauce** and a splash of **water**, stir until heated through, **1 minute**. Add the **pork resting juices** and stir to combine.



Cook the pork

When the veggies have **15 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, cook the **pork loin steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Season, then transfer to a plate and cover with foil to rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.



Serve up

Add the **baby spinach leaves** to the roasted veggies and toss to combine. Thinly slice the **long green chilli** (if using). Divide the pork and sesame roasted veggies between plates. Top the pork with the peanut sauce. Garnish with the chilli.

Enjoy!