



Tahini & Honey-Glazed Pork

with Wedges, Pickled Onion Salad & Pine Nuts

Grab your Meal Kit with this symbol



Potato



Red Onion



Pine Nuts



Tahini



Pork Loin Steaks



Cucumber



Tomato



Mixed Salad Leaves

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**

Low calorie

Tahini is such a versatile and delicious ingredient, it's almost impossible to stop ourselves from adding it to every dish. In this case, exceptions had to be made. We combined tahini dressing with honey to make a mouth-watering glaze for these juicy pork loin steaks, and the result; a humble dinner, quickly turned showstopper to say the least.

Pantry items

Olive Oil, White Wine Vinegar, Soy Sauce, 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
red onion	½	1
white wine vinegar*	¼ cup	½ cup
pine nuts	1 packet	2 packets
soy sauce*	1½ tbs	3 tbs
honey*	1½ tbs	3 tbs
water*	1½ tbs	3 tbs
tahini	1 packet (50g)	1 packet (100g)
pork loin steaks	1 packet	1 packet
cucumber	1 (medium)	1 (large)
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2247kJ (537Cal)	375kJ (89Cal)
Protein (g)	45.1g	7.5g
Fat, total (g)	17.8g	3g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	46g	7.7g
- sugars (g)	18.2g	3g
Sodium (mg)	922mg	154mg

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 wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Pickle the onion

While the wedges are baking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the bowl with just enough **water** to cover the onion and stir to coat. Set aside until serving.



Toast the nuts

While the onion is pickling, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**. Transfer to a second small bowl. In a medium bowl, combine the **soy sauce**, **honey**, **water** and **tahini**, then season with **salt** and **pepper**. Set aside.



Cook the pork

Season the **pork loin steaks** with **salt** and **pepper**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**. Return the pan to a medium-high heat, then add the **tahini glaze** and cook until bubbling, **1 minute**. Remove from the heat.



Make the salad

While the pork is cooking, roughly chop the **cucumber** and **tomato**. Reserve 1 tsp of **pickling liquid**, then drain the pickled **onion**. In a large bowl, combine the reserved **pickling liquid** and a drizzle of **olive oil**, then season with **salt** and **pepper**. Add the **cucumber**, **tomato**, **pickled onion** and **mixed salad leaves** and toss to coat.



Serve up

Slice the pork loin. Divide the pork and wedges between plates. Drizzle the tahini glaze over the pork. Serve with the pickled onion salad. Garnish with the toasted pine nuts.

Enjoy!