

Teriyaki Pork & Roasted Sesame Pumpkin with Pear Salad

Grab your Meal Kit
with this symbol



Carrot



Mixed Sesame
Seeds



Pear



Teriyaki Sauce



Salad Leaves



Peeled Pumpkin
Pieces




Pork Loin
Steaks

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: **20-30** mins Dietitian Approved
Ready in: **25-35** mins

 Carb Smart

What's an instant way to bring bold flavours to pork steaks? Add this sweet 'n' salty teriyaki glaze. Teamed with roasted sesame pumpkin and a crisp salad, this meal will make your tastebuds sing!

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, 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
carrot	1	2
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
mixed sesame seeds	1 sachet	1 sachet
pear	½	1
teriyaki sauce	1 medium packet	1 large packet
brown sugar*	2 tsp	4 tsp
soy sauce*	1 tsp	2 tsp
water*	3 tbs	½ cup
pork loin steaks	1 packet	1 packet
rice wine vinegar*	2 tsp	4 tsp
salad leaves	1 small bag	1 medium bag

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1790kJ (428Cal)	352kJ (84Cal)
Protein (g)	41.9g	8.2g
Fat, total (g)	12.8g	2.5g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	32.9g	6.5g
- sugars (g)	25.1g	4.9g
Sodium (mg)	702mg	138mg
Dietary Fibre (g)	6g	1.2g

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 veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** into bite-sized chunks.
- Place **carrot** and **peeled pumpkin pieces** 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 roast until tender, **15-20 minutes**.

Little cooks: Kids can help sprinkling over the sesame seeds and tossing the veggies.



Make the sauce

- When veggies have **5 minutes** cook time remaining, return the frying pan to medium-high heat. Cook the **teriyaki sauce mixture** until slightly reduced, **2-3 minutes**.
- Remove from heat, then stir through any **pork resting juices**.



Get prepped

- Meanwhile, thinly slice **pear** (see ingredients).
- In a small bowl, combine **teriyaki sauce**, the **brown sugar**, **soy sauce** and the **water**. Set aside.

Little cooks: Kids can take charge by combining the ingredients!



Prep the salad

- In a large bowl, combine the **rice wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add **salad leaves** and **pear**. Set aside.



Cook the pork

- Season **pork loin steaks**.
- 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).
- Transfer to a plate and cover with foil to rest, **5 minutes**.



Serve up

- Toss salad. Thickly slice pork.
- Divide roasted sesame pumpkin, pear salad and pork between plates.
- Spoon teriyaki sauce over pork to serve. Enjoy!

Little cooks: Kids can add the finishing touch by spooning over the teriyaki sauce!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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