



Teriyaki-Glazed Pork & Sesame Fries

with Cucumber & Apple Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Cucumber



Apple



Teriyaki Sauce



Mixed Salad Leaves



Pork Loin Steaks



Coriander



Garlic Aioli

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Low calorie

When teriyaki sauce and a hot pan collide, you get these deliciously caramelised pork loin steaks. Serve them with a refreshing cucumber and apple salad, plus an addition of sesame fries, perfect for soaking up any extra sauce!

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
potato	2	4
mixed sesame seeds	1 sachet	1 sachet
cucumber	1 (medium)	1 (large)
apple	1	2
teriyaki sauce	1 sachet (65g)	1 sachet (130g)
brown sugar*	1 tsp	2 tsp
soy sauce*	½ tbs	1 tbs
water*	3 tbs	6 tbs
rice wine vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
pork loin steaks	1 packet	1 packet
coriander	1 bunch	1 bunch
garlic aioli	1 sachet (50g)	1 sachet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2300kJ (549Cal)	409kJ (97Cal)
Protein (g)	44.3g	7.9g
Fat, total (g)	20.2g	3.6g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	44.9g	8g
- sugars (g)	17.5g	3.1g
Sodium (mg)	1102mg	196mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.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 sesame fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Spread the fries over an oven tray lined with baking paper. Season with **salt**, drizzle with **olive oil** and sprinkle with the **mixed sesame seeds**. Toss to coat and bake until tender, **20-25 minutes**.

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



Get prepped

While the fries are baking, thinly slice the **cucumber** into half-moons. Thinly slice the **apple** (unpeeled) into batons.



Make the glaze

In a small bowl, combine the **teriyaki sauce**, **brown sugar**, **soy sauce** and **water**. Set aside.



Prep the salad

In a medium bowl, combine a generous drizzle of **olive oil** and the **rice wine vinegar**, then season with **salt** and **pepper**. Add the **mixed salad leaves**, **cucumber** and **apple**. Set aside.



Cook the pork

Season the **pork loin steaks** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside. Return the pan to a medium-high heat. Cook the **teriyaki glaze** until reduced slightly, **2-3 minutes**. Remove from the heat, then return the **pork** to the pan and toss to coat in the glaze.



Serve up

Roughly chop the **coriander**. Toss the salad. Slice the pork. Divide the sesame fries, cucumber and apple salad and teriyaki-glazed pork between plates. Spoon over any excess glaze and garnish with the coriander. Serve with the **garlic aioli**.

Enjoy!