



Teriyaki-Glazed Pork & Sesame Fries

with Garlic Aioli & Apple Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Teriyaki Sauce



Pork Loin Steaks



Garlic Aioli



Mixed Sesame Seeds



Apple



Mixed Salad Leaves



Coriander



Chicken Breast

Prep in: 30-40 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*

*Custom Recipe only

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
carrot	1	2
apple	1	2
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	1 tsp	2 tsp
soy sauce*	½ tbs	1 tbs
water*	3 tbs	6 tbs
vinegar* (white wine or rice wine)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
pork loin steaks	1 packet	1 packet
coriander	1 bag	1 bag
garlic aioli	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2443kJ (584Cal)	434kJ (104Cal)
Protein (g)	43g	7.6g
Fat, total (g)	20.5g	3.6g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	57g	10.1g
- sugars (g)	29.5g	5.2g
Sodium (mg)	1024mg	182mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	437kJ (104Cal)
Protein (g)	40g	7g
Fat, total (g)	23.6g	4.1g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	57g	10g
- sugars (g)	29.5g	5.2g
Sodium (mg)	1048mg	183mg

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.

We're here to help!

Scan here if you have any questions or concerns



Bake the sesame fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray.
- Sprinkle with **mixed sesame seeds**, season with **salt** and drizzle with **olive oil**. Toss to coat, spread out evenly, then bake until tender, **20-25 minutes**.



Prep the salad

- In a medium bowl, combine a drizzle of **vinegar** and **olive oil**, then season with **salt** and **pepper**.
- Add **mixed salad leaves**, **carrot** and **apple**. Set aside.

Little cooks: Help prep the salad.



Get prepped

- Meanwhile, grate the **carrot**. Slice **apple** into thin sticks.

Custom Recipe: If you've swapped from pork loin to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks.



Cook the pork

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

Custom Recipe: Season chicken and heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Transfer to a plate. Continue with step. Coat chicken in glaze in the same way as above.



Make the glaze

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

Little cooks: Take charge by combining the sauces!



Serve up

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

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