



# 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

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*	2 tsp	4 tsp
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)	2360kJ (564Cal)	423kJ (101Cal)
Protein (g)	44.5g	8.0g
Fat, total (g)	20.5g	3.7g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	46.4g	8.3g
- sugars (g)	19.3g	3.5g
Sodium (mg)	1040mg	186mg

## 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 **mixed sesame seeds**. Toss to coat and bake until tender, **20-25 minutes**.

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

**TIP:** If your oven tray is crowded, separate across two trays.



## 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.



## Toss 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**. Just before serving, toss to coat.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 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 loin steaks** 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. Add the **teriyaki glaze** and cook until reduced slightly, **2-3 minutes**. Remove from the heat and return the **pork** to the pan. Toss to coat in the glaze.

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



## Serve up

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

## Enjoy!