



Sichuan Glazed Pork & Sesame Kumara Fries

with Pear Salad & Mayo

Grab your Meal Kit with this symbol



Kumara



Sesame Seeds



Pear



Carrot



Sesame Oil Blend



Mixed Salad Leaves



Pork Loin Steaks



Sichuan Garlic Paste



Mayonnaise

Hands-on: 20-30 mins
Ready in: 35-45 mins

A hot contender for 'best new accompaniment', the punchy Sichuan garlic paste in this dish really takes it to the next level. We're serving it with mouth-watering garlic pork steaks, golden sesame-flecked kumara wedges and a fresh pear salad.

Unfortunately, this week's tomato was in short supply, so we've replaced it with green pear. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce

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 |
| kumara | 2 (medium) | 2 (large) |
| sesame seeds | ½ sachet | 1 sachet |
| pear | 1 | 2 |
| carrot | 1 | 2 |
| rice wine vinegar* | 1 tsp | 2 tsp |
| sesame oil blend | ½ packet | 1 packet |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |
| pork loin steaks | 1 packet | 1 packet |
| Sichuan garlic paste | 1 packet | 2 packets |
| soy sauce* | 2 tsp | 4 tsp |
| mayonnaise | 1 packet (40g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2640kJ (630Cal) | 434kJ (104Cal) |
| Protein (g) | 43.0g | 7.1g |
| Fat, total (g) | 24.5g | 4.0g |
| - saturated (g) | 2.6g | 0.4g |
| Carbohydrate (g) | 53.9g | 8.9g |
| - sugars (g) | 34.2g | 5.6g |
| Sodium (mg) | 1020mg | 168mg |

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.



1. Bake the kumara fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm fries. Place the fries and **sesame seeds** (see ingredients list) on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **20-25 minutes**.

TIP: Cut the kumara to the correct size so it cooks in the allocated time!



2. Get prepped

While the fries are baking, thinly slice the **pear**. Grate the **carrot** (unpeeled).



3. Make the salad dressing

In a small bowl, combine the **rice wine vinegar** and **sesame oil blend** (see ingredients list). Season with a **pinch** of **salt** and **pepper**.



4. Make the salad

In a large bowl, add the **pear**, **carrot** and **mixed salad leaves**. Just before serving, add the **salad dressing** and toss to coat.

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



5. Cook the pork

When the fries have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Remove the pan from the heat and add the **Sichuan garlic paste** and **soy sauce**. Toss to coat the pork and set aside to rest for **5 minutes**.

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



6. Serve up

Thinly slice the pork. Divide the sesame kumara fries, Sichuan glazed pork and pear salad between plates. Spoon over any remaining sauce from the pan and serve with the **mayonnaise**.

Enjoy!