



Everything
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

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Juicy Pork Steak with Crunchy Asian Salad

A succulent pork steak finds its perfect accompaniment in this meal with a crunchy, texture filled Asian style salad. Savoury, sweet and just a little bit saucy, this dinner is as welcome as a fine spring day. We're sure it will put a spring in your step as well!



35 mins



level 1



gluten
free



Pork Loin Steaks



Potatoes



Long Chilli



Coriander



Carrot



Snow Peas



Spring Onions

2P	4P	Ingredients
2	4	pork steaks
1/4 cup	1/2 cup	soy sauce *
500 g	1 kg	potatoes, quartered
2 tbs	4 tbs	vegetable oil *
1 bunch	2 bunches	spring onions, finely diced ⊕ A
1 tbs	2 tbs	coriander, roughly chopped ⊕
1	2	long chilli, deseeded & sliced ⊕ B
1	2	carrot, grated
100 g	200 g	snow peas, julienned
2 tbs	4 tbs	white vinegar *

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1900	KJ
Protein	59	g
Fat, total	2.6	g
-saturated	0.9	g
Carbohydrate	40.5	g
-sugars	11	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **220°C/200°C fan-forced**. Meanwhile, marinate the **pork** in the **soy sauce** while you cook the **potatoes**.

2 Place the quartered potatoes onto a baking tray, offer a good glug of **vegetable oil**, season with **salt** and **pepper** and toss around well to combine. Then place the potatoes into the oven for **25 minutes** or until golden brown and cooked through.



3 We want to toss the potatoes through the veggie mixture while they are still hot so it's important to get everything ready. Place the **spring onion**, **coriander**, **long chilli**, **carrot**, and **snow peas** into a salad bowl and toss to combine. Leave aside.

4 To cook the pork, heat some vegetable oil in a pan over a medium-high heat. Season the pork steaks with salt and pepper and then add to the pan. Cook for **4-5 minutes** on each side or until just cooked through. When cooked, remove from heat and finish your potatoes.



5 Toss the potatoes with the vegetables, and the **vinegar**. Season with salt and pepper.

6 Divide the potatoes between plates and then serve your pork steaks on the side.



Did you know? Snow peas are so named because they sprout very early in Spring and tended to get caught in snowstorms.