



# Orange Sesame Pork & Ginger Veggies

with Brown Rice & Pickled Cucumber

Grab your Meal Kit with this symbol



Brown Rice



Spring Onion



Capsicum



Cucumber



Carrot



Asian Greens



Ginger



Garlic



Orange



Pork Loin Steaks



Sesame Seeds

- Hands-on: **25-35 mins**
- Ready in: **35-45 mins**
- Calorie Smart

Dish up this delightful combo of citrus, sesame and honey to coat succulent pork loin steaks. For a nutritionally balanced meal, we've added lots of bright veggies and a healthy serve of brown rice.

### Pantry items

Olive Oil, Rice Wine Vinegar, Honey, 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

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown rice	1 packet	2 packets
water* (for the rice)	3 cups	6 cups
spring onion	2 stems	4 stems
capsicum	1	2
cucumber	1	2
carrot	1	2
Asian greens	1 bunch	2 bunches
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
orange	1	2
rice wine vinegar*	¼ cup	½ cup
pork loin steaks	1 packet	1 packet
honey*	2 tbs	½ cup
soy sauce*	2½ tbs	5 tbs
water* (for the sauce)	2 tbs	½ cup
sesame seeds	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2717kJ (649Cal)	387kJ (92Cal)
Protein (g)	46.3g	6.6g
Fat, total (g)	12.8g	1.8g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	78.9g	11.2g
- sugars (g)	31.9g	4.5g
Sodium (mg)	1074mg	153mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the rice

In a medium saucepan, bring the **brown rice** and the **water (for the rice)** to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, until the rice is soft, **25-30 minutes**. Drain and return to the saucepan. Cover and set aside.



## 2. Get prepped

While the rice is cooking, thinly slice the **spring onion** and **capsicum**. Thinly slice the **cucumber** into rounds. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **Asian greens**. Finely grate the **ginger** (unpeeled) and **garlic** (or use a garlic press). Juice the **orange**. In a small bowl, combine the **rice wine vinegar** and a **generous pinch of salt** and **sugar**. Stir to dissolve then add the **cucumber** and **enough water** to cover. Toss to coat, then set aside.



## 3. Cook the veggies

In a large frying pan, heat a **drizzle of olive oil** over medium-high heat. Add the **capsicum** and **carrot** and cook, tossing, until just tender, **5-6 minutes**. Add the **Asian greens**, **ginger** and **garlic** and cook until tender and fragrant, **1-2 minutes**. Transfer to a bowl and cover to keep warm.



## 4. Cook the pork

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Season both sides of the **pork loin steaks**. When the oil is hot, add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest.



## 5. Make the sauce

While the pork is cooking, combine the **orange juice**, **honey**, **soy sauce** and **water (for the sauce)**. Return the frying pan to a medium-high heat. Add the **sesame seeds** and toast, tossing, until golden, **2-3 minutes**. Add the **orange sauce** and simmer until slightly thickened, **4-6 minutes**. Stir in any **pork resting juices**.



## 6. Serve up

Drain the pickled cucumber. Thickly slice the pork. Stir the spring onion through the brown rice then divide between bowls. Top with the ginger veggies, pork and pickled cucumber. Spoon the orange sesame sauce over the pork.

**Enjoy!**