



Pork Steak & Peanut Sauce

with Sesame Veggie Toss

Grab your Meal Kit with this symbol



Carrot



Zucchini



Capsicum



Red Onion



Black Sesame Seeds



Garlic



Pork Loin Steaks



Ginger Paste



Crushed Peanuts



Teriyaki Sauce



Baby Spinach Leaves

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Carb Smart

Pork and veggies are a tried-and-true Asian-inspired favourite. But to get it just right, you have to hone in on the sauce, which can make or break the dish. Luckily, we've got a good one: we're blending crunchy crushed peanuts with garlic, ginger paste and teriyaki sauce, then drizzling it all over to create waves of savoury goodness throughout.

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil

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
carrot	1	2
zucchini	1	2
capsicum	1	2
red onion	1	2
black sesame seeds	1 large sachet	2 large sachets
garlic	2 cloves	4 cloves
pork loin steaks	1 packet	1 packet
ginger paste	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
teriyaki sauce	½ packet	1 packet
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1871kJ (447Cal)	282kJ (67Cal)
Protein (g)	46.6g	7g
Fat, total (g)	13.7g	2.1g
- saturated (g)	2.3g	0.3g
Carbohydrate (g)	28.4g	4.3g
- sugars (g)	25.9g	4.3g
Sodium (mg)	721mg	109mg
Dietary Fibre (g)	12g	1.8g

The quantities provided above are averages only.

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.



Roast the veggie chunks

Preheat the oven to **220°C/200°C fan-forced**. Cut the **carrot** and **zucchini** into bite-sized chunks. Thinly slice the **capsicum**. Slice the **red onion** into wedges. Place the **veggies** and **black sesame seeds** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, finely chop the **garlic**.



Cook the pork steak

When the veggies have **15 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan 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). Cook in batches if your pan is getting crowded. Season and transfer to a plate. Cover with foil to rest.



Make the peanut sauce

While the steak is resting, return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic**, **ginger paste** and the **crushed peanuts** until fragrant, **1 minute**. Add the **teriyaki sauce** and a splash of **water**, stir until heated through, **1 minute**. Add the **steak resting juices** and stir to combine.



Toss the veggies

When the veggies are cooked add the **baby spinach leaves** to the tray and toss to combine.



Serve up

Divide the pork steak and sesame veggies between plates. Top the pork with the peanut sauce.

Enjoy!

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