



# Seared Pork & Sesame Pumpkin Wedges

with Teriyaki Glaze & Cucumber Salad

Grab your Meal Kit with this symbol



Peeled Pumpkin Wedges



Mixed Sesame Seeds



Pear



Cucumber



Teriyaki Sauce



Mixed Salad Leaves



Pork Loin Steaks

- Hands-on: **20-30 mins**
- Ready in: **25-35 mins**
- Calorie Smart

What's an instant way to bring bold flavours to pork steaks? Add this sweet 'n' salty teriyaki glaze. Teamed with roasted pumpkin wedges and a crisp salad, this meal will make your tastebuds sing!

### 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
peeled pumpkin wedges	1 bag (400g)	1 bag (800g)
mixed sesame seeds	1 sachet	1 sachet
pear	½	1
cucumber	1 (medium)	1 (large)
teriyaki sauce	1 packet (65g)	1 packet (130g)
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tsp	2 tsp
water*	2½ tbs	½ cup
rice wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)
pork loin steaks	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1767kJ (422Cal)	338kJ (81Cal)
Protein (g)	41.9g	8g
Fat, total (g)	12.7g	2.4g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	31.4g	6g
- sugars (g)	24.1g	4.6g
Sodium (mg)	695mg	133mg

The quantities provided above are averages only.

## 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.



## Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled pumpkin wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **mixed sesame seeds** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **15-20 minutes**.



## Get prepped

While the pumpkin is roasting, thinly slice the **pear** (see ingredients). Thinly slice the **cucumber** into half-moons. In a small bowl, combine the **teriyaki sauce**, the **brown sugar**, **soy sauce** and the **water**. Set aside.



## Prep the salad

In a large bowl, combine the **rice wine vinegar**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add the **mixed salad leaves**, **pear** and **cucumber**. Set aside.



## Cook the pork

Season the **pork loin steaks**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

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



## Cook the glaze

When the pumpkin has **5 minutes** cook time remaining, return the frying pan to a medium-high heat. Cook the **teriyaki sauce mixture**, stirring, until slightly reduced, **2-3 minutes**. Remove from the heat, then stir through any **pork resting juices**.



## Serve up

Toss the salad. Slice the pork. Divide the pork, sesame pumpkin wedges and cucumber salad between plates. Spoon the teriyaki glaze over the pork to serve.

## Enjoy!