



Everything  
But The Chef

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## Pepita & Sesame Pork with Braised Cabbage

Snap, crackle and pop might make you think of breakfast, not the last meal of the day, but this vitamin packed seed mixture will give your pork incredible crunch and will revolutionise dinner time in your house. You'll have both your little and big kids coming back for more.



Prep: 20 mins

Cook: 30 mins

Total: 50 mins



level 1



gluten  
free



pantry  
items



Pumpkin



Pork Loin Steak



Pepita & Sesame Seed Mix



Cabbage



Green Apple



Fennel Seeds

2P	4P	Ingredients
1 wedge	2 wedges	pumpkin, cut into 2 cm thick wedges
1	1	egg, lightly beaten *
2 fillets	4 fillets	pork loin steaks
½ cup	1 cup	HelloFresh Pepita & Sesame Seed Mix
1 ½ tbs	3 tbs	olive oil *
1 tsp	2 tsp	butter *
3 cups	5 cups	finely sliced white cabbage
1	2	green apple, grated <b>A</b>
½ tsp	1 tsp	HelloFresh Fennel Seeds
1 tbs	2 tbs	apple cider vinegar *
1 tbs	2 tbs	water *

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2680	Kj
Protein	57.5	g
Fat, total	28.5	g
-saturated	6.8	g
Carbohydrate	32.8	g
-sugars	27.6	g
Sodium	164	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **200°C/180°C** fan-forced. Line an oven tray with baking paper.



**2** Place the **pumpkin** on a prepared tray and drizzle with a little olive oil. Season with **salt** and **pepper**. Roast for **20 minutes** or until tender.

**3** Meanwhile, place the **egg** in a bowl and toss the **pork loin steaks** to coat. Place the **HelloFresh Pepitas & Sesame Seed Mix** on a plate and press pork into the seed mixture to coat well. Place on a plate and refrigerate until you're ready to cook.



**4** Heat half of the **olive oil** and the **butter** in a medium saucepan over a high heat. Add the **white cabbage**, **green apple** and **HelloFresh Fennel Seeds** and season with salt and pepper. Stir through the **apple cider vinegar** and **water**. Reduce the heat to medium-low and simmer, covered, for about **15 minutes** or until tender.



**5** Heat the remaining olive oil in an ovenproof medium frying pan. Add the coated pork and cook for **3-4 minutes** turning a couple of times throughout the cooking process, so the seeds don't catch on the pan and burn. Cover with foil and transfer to the oven to cook for a further **5 minutes**. Transfer to a paper towel lined plate and rest for **5 minutes**. Save any crunchy seed mixture from the base of the pan and place beside the pork on the paper towel.

**6** To serve, divide the cabbage, pumpkin wedges and pork between plates. Crumble any extra seed mixture from the pan over the pumpkin.

**Did you know?** Pepitas contain an incredible amount of iron.