



Char Siu Pork & Sesame Pumpkin Salad

with Sesame Dressing Drizzle

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Pumpkin



Mixed Sesame Seeds



Tomato



Carrot



Char Siu Paste



Pork Loin Steaks



Mixed Salad Leaves

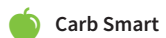


Sesame Dressing



Salmon

Prep in: 20-30 mins
Ready in: 30-40 mins



Eat Me First*
*Custom Recipe only

Jazz up juicy pork loin steaks with a sticky char siu sauce that takes just a few minutes to make. Keep up the Cantonese-inspired theme by roasting the pumpkin with a sprinkle of aromatic mixed sesame seeds.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 |
| pumpkin | 1 medium | 1 large |
| mixed sesame seeds | 1 medium packet | 1 large packet |
| tomato | 1 | 2 |
| carrot | 1 | 2 |
| char siu paste | 1 medium packet | 1 large packet |
| brown sugar* | ½ tbs | 1 tbs |
| soy sauce* | 1 tbs | 2 tbs |
| water* | 3 tbs | ½ cup |
| pork loin steaks | 1 small packet | 2 small packets OR 1 large packet |
| vinegar* (white wine or rice wine) | drizzle | drizzle |
| mixed salad leaves | 1 medium bag | 1 large bag |
| sesame dressing | ½ large packet | 1 large packet |
| salmon** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2286kJ (546Cal) | 356kJ (85Cal) |
| Protein (g) | 36.8g | 5.7g |
| Fat, total (g) | 26.9g | 4.2g |
| - saturated (g) | 7g | 1.1g |
| Carbohydrate (g) | 38.7g | 6g |
| - sugars (g) | 32.1g | 5g |
| Sodium (mg) | 1087mg | 169mg |
| Dietary Fibre (g) | 10.5g | 1.6g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2589kJ (619Cal) | 410kJ (98Cal) |
| Protein (g) | 38.5g | 6.1g |
| Fat, total (g) | 33.9g | 5.4g |
| - saturated (g) | 6g | 0.9g |
| Carbohydrate (g) | 39.3g | 6.2g |
| - sugars (g) | 31.7g | 5g |
| Sodium (mg) | 682mg | 108mg |

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the sesame pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **pumpkin** into bite-sized chunks.
- Place **pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to slightly cool.

TIP: Peel the pumpkin if you prefer!

4



Make the salad

- In a large bowl, combine a drizzle of the **vinegar** and **olive oil**.
- Season, then add **mixed salad leaves**, **tomato** and **carrot**. Set aside.

2



Get prepped

- While pumpkin is roasting, roughly chop **tomato**.
- Grate **carrot**.
- In a small bowl, combine **char siu paste**, the **brown sugar**, the **soy sauce** and the **water**.

5



Make the sauce

- Return frying pan to medium-high heat.
- Cook **char siu mixture**, stirring, until slightly reduced, **2-3 minutes**.
- Remove from the heat and stir in any **pork resting juices**.

3



Cook the pork

- Season **pork loin steaks** on both sides.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

Custom Recipe: If you've upgraded to salmon, pat salmon dry with paper towel and season both sides. Prepare the pan as above. Cook salmon, skin-side down first, until just cooked through, 2-4 minutes each side. Transfer to a plate.

6



Serve up

- Add sesame pumpkin to the salad, gently tossing to combine.
- Slice pork.
- Divide the pork and sesame pumpkin salad between plates.
- Spoon char siu sauce over the pork.
- Drizzle **sesame dressing** (see ingredients) over salad to serve. Enjoy!

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