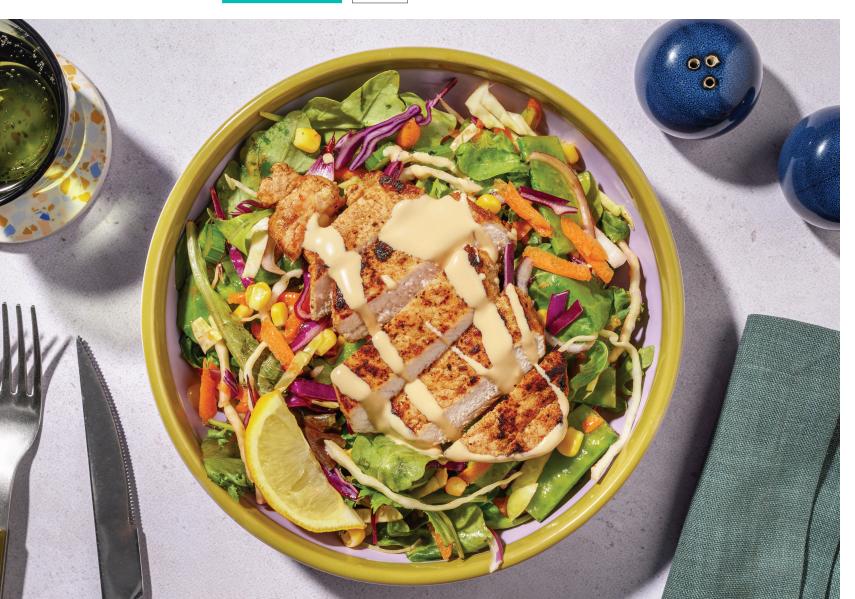


Thai Pork Steak & Rainbow Pea Pod Salad

with Soy Mayo & Zesty Sweet Chilli Dressing

SUMMER SALADS

NEW



Grab your meal kit with this number









Lemon

Satay Seasoning





Pork Loin Steaks

Mayonnaise





Sweet Chilli

Sauce



Mixed Salad Leaves





Prep in: 15-25 mins Ready in: 20-30 mins

Carb Smart



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pea pods	1 small packet	1 medium packet
garlic	1 clove	2 cloves
lemon	1/2	1
satay seasoning	1 sachet	2 sachets
pork loin steak	1 medium packet	2 medium packets OR 1 large packet
mayonnaise	1 medium packet	1 large packet
low sodium soy sauce*	1 tsp	2 tsp
sweet chilli sauce	1 packet	1 packet
deluxe salad mix	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1998kJ (477cal)	255kJ (61cal)
Protein (g)	31.8g	4.1g
Fat, total (g)	29.3g	3.7g
- saturated (g)	6.7g	0.9g
Carbohydrate (g)	19g	2.4g
- sugars (g)	13.4g	1.7g
Sodium (mg)	1296mg	165.3mg
Dietary Fibre (g)	6.3g	0.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Trim ends of pea pods.
- · Finely chop garlic.
- Slice lemon into wedges.
- In a medium bowl, combine satay seasoning and a drizzle of olive oil. Add pork loin steak, turning to coat.
- In a small bowl, combine mayonnaise and the low sodium soy sauce.



Cook the pork steak

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook pork steaks until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for 5 minutes.



Toss the salad

- While pork is resting, in a small heatproof bowl, microwave the garlic and a drizzle of olive oil until fragrant, 30 seconds.
- In a large bowl, combine garlic oil, sweet chilli sauce, a good squeeze of lemon juice and a pinch of salt and pepper.
- Add pea pods, deluxe salad mix and mixed salad leaves, to the bowl. Toss
 to coat and season to taste.



Serve up

- Thinly slice pork steak.
- Divide rainbow pea pod salad between bowls.
- Top with Thai pork.
- Drizzle over soy mayo and serve with any remaining lemon wedges. Enjoy!









Cook, turning for 3-4 minutes for medium-rare. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

