



# Thai Pork Steak & Rainbow Pea Pod Salad

with Soy Mayo & Zesty Sweet Chilli Dressing

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Pea Pods



Garlic



Lemon



Satay Seasoning



Pork Loin Steaks



Mayonnaise



Sweet Chilli Sauce



Deluxe Salad Mix



Mixed Salad Leaves



Pork Loin Steak



Beef Rump

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



Protein Rich



Carb Smart

We're in our light and bright era so only a salad will do! This deluxe salad comes brimming with crunchy pea pods, juicy corn and a zesty sweet chilli dressing that will make your tastebuds sing. With some Thai pork and a homemade soy mayo to serve, you'll be humming, scooping and shovelling this one down your gob!

### Pantry items

Olive Oil, Low Sodium Soy Sauce

## 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	½	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](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.



## 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**.



## 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.



## 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**.



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



### CUSTOM OPTIONS

#### + DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

#### ⌚ SWAP TO BEEF RUMP

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.

