

# Char Siu Pork & Sesame Pumpkin Wedges

with Pear & Mixed Salad

Grab your Meal Kit with this symbol













Char Siu

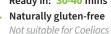


Steaks

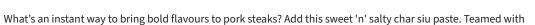












roasted pumpkin wedges and a crisp salad, this meal will make your tastebuds sing!

#### **Pantry items**

Olive Oil, Brown Sugar, Soy Sauce (or Gluten-Free Tamari 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	
butternut pumpkin	1 medium	1 large	
mixed sesame seeds	1 medium sachet	2 large sachets	
pear	1	2	
char siu paste	1 medium sachet	1 large sachet	
brown sugar*	2 tsp	4 tsp	
soy sauce* (or gluten-free tamari sauce)	1 tsp	2 tsp	
water*	3 tbs	⅓ cup	
rice wine vinegar*	2 tsp	4 tsp	
pork loin steaks	1 packet	1 packet	
deluxe salad mix	1 bag (150g)	1 bag (300g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2224kJ (532Cal)	363kJ (87Cal)
Protein (g)	45.5g	7.4g
Fat, total (g)	13.7g	2.2g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	49.7g	8.1g
- sugars (g)	41.2g	8.1g
Sodium (mg)	505mg	82mg

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.



# Roast the sesame pumpkin

Preheat the oven to 240°C/220°C fan-forced. Cut the butternut pumpkin into thin wedges. Place on the lined oven tray. Season with salt and pepper, drizzle with olive oil and sprinkle with the mixed sesame seeds. Toss to coat and roast until tender, 20-25 minutes.



# Get prepped

While the pumpkin is roasting, thinly slice the **pear**. In a small bowl, combine the **char siu paste**, **brown sugar**, **soy sauce** and **water**.



#### Make the salad

In a large bowl, combine the **rice wine vinegar** and a drizzle of **olive oil**. Season to taste. Add the **deluxe salad mix leaves** and **pear**.



# Cook the pork

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



## Make the sauce

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



### Serve up

Toss the salad. Slice the pork. Divide the sesame pumpkin, pear salad and pork between plates. Spoon the char siu sauce over the pork to serve.

# Enjoy!