

Char Siu Pork & Sesame Pumpkin Wedges

with Pear & Mixed Salad

Grab your Meal Kit with this symbol



Butternut Pumpkin



Mixed Sesame Seeds



Pear



Char Siu Paste



Pork Loin Steaks



Deluxe Salad Mix

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

What's an instant way to bring bold flavours to pork steaks? Add this sweet 'n' salty char siu paste. Teamed with 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 | ½ cup |
| rice wine vinegar* | 2 tsp | 4 tsp |
| pork loin steaks | 1 packet | 1 packet |
| deluxe salad mix | 1 bag (150g) | 1 bag (300g) |

*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!