



Easy Satay Pork & Cauliflower Salad with Crushed Peanuts

NEW



Grab your Meal Kit with this symbol



Cauliflower



Carrot



Potato



Pork Strips



Ginger Paste



Coconut Milk



Peanut Butter



Southeast Asian Spice Blend



Baby Spinach Leaves



Crushed Peanuts



Beef Strips

Prep in: 15-25 mins
Ready in: 30-40 mins

Carb Smart

If you're looking for a meal full of flavour but with the carbs in check, then look no further. We've paired satay coconut pork with a bright salad, with cauliflower taking the lead. Don't forget the crushed peanuts for some extra crunch!

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

Pantry items

Olive Oil, 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
cauliflower	1 medium portion	1 large portion
carrot	1	2
potato	1	2
pork strips	1 small packet	1 large packet
ginger paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
peanut butter	1 medium packet	2 medium packets
Southeast Asian spice blend	1 medium sachet	1 large sachet
soy sauce*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or rice wine)	drizzle	drizzle
crushed peanuts	1 medium packet	1 large packet
beef strips**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2030kJ (485Cal)	352kJ (84Cal)
Protein (g)	39.7g	6.9g
Fat, total (g)	35.7g	6.2g
- saturated (g)	18.2g	3.2g
Carbohydrate (g)	30.2g	5.2g
- sugars (g)	13.7g	2.4g
Sodium (mg)	1157mg	201mg
Dietary Fibre (g)	11.6g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2195kJ (525Cal)	380kJ (91Cal)
Protein (g)	44.7g	7.7g
Fat, total (g)	38.2g	6.6g
- saturated (g)	19.7g	3.4g
Carbohydrate (g)	29.1g	5g
- sugars (g)	13.6g	2.4g
Sodium (mg)	834mg	145mg
Dietary Fibre (g)	11.6g	2g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Chop **cauliflower** into small florets. Cut **carrot** and **potato** into bite-sized chunks.
- Place **cauliflower**, **carrot** and **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool.

3



Make the sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **ginger paste** until fragrant, **1 minute**.
- Add **coconut milk**, **peanut butter**, **Southeast Asian spice blend**, the **soy sauce** and a splash of **water**, stirring until combined, **1-2 minutes**.
- Return **pork strips** to pan, tossing to coat.

2



Cook the pork

- When veggies have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **pork strips**, tossing, in batches, until golden, **2-3 minutes**. Transfer to a plate.

Custom Recipe: If you've swapped to beef strips, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef strips, tossing, in batches until browned and cooked through, 1-2 minutes. Transfer to a plate.

4



Bring it all together & serve up

- When roast veggies have cooled a little, add **baby spinach leaves** and a drizzle of the **vinegar** to oven tray and gently toss to combine. Season to taste.
- Divide roast cauliflower salad and coconut satay pork between bowls.
- Sprinkle over **crushed peanuts** to serve. Enjoy!

Rate your recipe

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