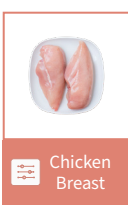
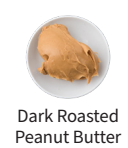
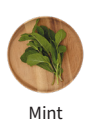


Satay Pork Slaw Bowl

with Sweet Potato Chunks & Mint

Grab your Meal Kit with this symbol



Hands-on: **30-40 mins**
 Ready in: **40-50 mins**

Calorie Smart

Naturally Gluten-Free
Not suitable for coeliacs

A simple satay sauce takes succulent pork steaks and caramelised sweet potato to the next level. Round out this low cal meal with a crunchy slaw, plus refreshing cucumber and mint.

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

Pantry items

Olive Oil, Soy Sauce (or Gluten-Free Tamari Soy Sauce), Honey

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
sweet potato	2	4
garlic	1 clove	2 cloves
cucumber	1	2
carrot	1	2
pear	1	2
mint	1 bag	1 bag
long red chilli (optional)	½	1
lemon	½	1
shredded cabbage mix	1 medium bag	1 large bag
pork loin steaks	1 small packet	1 large packet
dark roasted peanut butter	1 packet	2 packets
boiling water*	½ cup	¾ cup
ginger paste	1 medium packet	1 large packet
soy sauce* (or gluten-free tamari soy sauce)	1 tbs	2 tbs
honey*	2 tsp	4 tsp
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2484kJ (593Cal)	349kJ (83Cal)
Protein (g)	48.4g	6.8g
Fat, total (g)	19.3g	2.7g
- saturated (g)	3g	0.4g
Carbohydrate (g)	52.9g	7.4g
- sugars (g)	31.3g	4.4g
Sodium (mg)	255mg	36mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2592kJ (620Cal)	342kJ (82Cal)
Protein (g)	49.5g	6.5g
Fat, total (g)	19.6g	2.6g
- saturated (g)	3g	0.4g
Carbohydrate (g)	53.9g	7.1g
- sugars (g)	32.8g	7.1g
Sodium (mg)	585mg	77mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Bake the sweet potato

Preheat the oven to **240°C/220C fan-forced**. Cut the **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Set aside on a plate and cover with foil to rest.

CUSTOM RECIPE

If you've swapped to chicken breast, place your hand flat on top of the chicken and slice through horizontally to make two thin steaks. Add to the pan as above, and cook through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Set aside to rest.

TIP: Chicken is cooked when it is no longer pink inside.



Get prepped

While the sweet potato is baking, finely grate the **garlic**. Thinly slice the **cucumber** into rounds. Grate the **carrot**. Cut the **pear** into thin sticks. Pick and finely chop the **mint**. Finely slice the **long red chilli** (if using). Zest the **lemon** to get a generous pinch, then juice the whole **lemon**.



Make the satay sauce

While the pork is cooking, in a medium bowl, combine the **dark roasted peanut butter** and the **boiling water**. Add the **garlic, ginger paste, soy sauce, honey** and remaining **lemon juice**, stirring to combine. Return the pan to a medium-high heat. Add the **satay sauce** and cook until slightly reduced, **1 minute**. Remove from heat, then stir in the **lemon zest** and any resting juices.



Make the slaw

In a large bowl, combine a drizzle of **olive oil** with a pinch of **salt** and **pepper** and 1/2 the **lemon juice**. Add the **shredded cabbage mix, carrot, pear** and 1/2 the **mint**.



Serve up

Slice the pork. Toss the slaw to combine. Divide the slaw between bowls. Top with the sweet potato chunks and pork. Spoon over the satay sauce. Garnish with the chilli (if using) and remaining mint.

CUSTOM RECIPE

Slice the chicken, then serve as above.

Enjoy!

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