



Everything
But The Chef

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BBQ Pork Salad

Every mouthful of this zingy springy piggy salad will have you sighing with contentment, so take the time to enjoy it! Your veggies don't even need cooking (how easy is that), and the salt and pepper pork steak is a lovely simple way to enjoy this delicious bit of meat.



Prep: 5 mins

Cook: 10 mins

Total: 15 mins



level 1



Baby Spinach



Baby Bok Choy



Cucumber



Spring Onions



Carrot



Hoisin Sauce



Lemon



Pork Steak

2P	4P	Ingredients
70 g	140 g	baby spinach, washed
1 bunch	2 bunches	baby bok choy, washed & chopped
1	2	cucumber, halved & thinly sliced A
1 bunch	2 bunches	spring onions, thinly sliced
1	2	carrot, peeled & grated
1 tbs	2 tbs	hoisin sauce
1 tbs	2 tbs	soy sauce *
1 tbs	2 tbs	white vinegar *
1/2	1	lemon, juiced
1 tsp	2 tsp	sesame oil (or vegetable oil) *
1	2	pork steak

- May feature in another recipe
- * Good to have at home

Nutrition per serving		
Energy	1190	Kj
Protein	37.7	g
Fat, total	9.5	g
-saturated	3.2	g
Carbohydrate	8.2	g
-sugars	8	g

Measuretool		
0 cm	1 cm	2 cm



- 1 Combine the **spinach**, **bok choy**, **cucumber**, **spring onions**, and **carrot** in a large bowl.
- 2 Whisk the **hoisin sauce**, **soy sauce**, **vinegar**, **lemon juice**, and **oil** in a small bowl until well combined.
- 3 Season the **pork** with **salt** and **pepper** and cook on a hot char-grill, BBQ or pan until cooked through. Thinly slice.



- 4 Toss the salad with the pork and dressing and serve for a quick mid-week meal.



Did you know? The phrase “cool as a cucumber” comes from the cucumbers ability to cool the temperature of the blood!