

# MARLEY SPOON



## Creamy Sesame Pork

with Snow Peas and Silverbeet

 20min  2 Portions

Inspired by the clean flavours of Japanese cooking, we bring you this speedy dish of sautéed pork served with flash-fried greens and a deliciously creamy sesame sauce. Thickened with tahini and flavoured with Japanese rice wine, soy sauce and sesame oil, this healthy and versatile condiment could be Japan's answer to satay sauce.

## What we send

- mirin <sup>1</sup>
- free-range pork loin steaks
- spring onion
- tahini <sup>11</sup>
- sesame oil <sup>11</sup>
- silverbeet
- snow peas
- white sesame seeds <sup>11</sup>

## What you'll require

- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vegetable oil
- water
- white vinegar

## Utensils

- large frypan

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Soy (6), Sesame (11). May contain traces of other allergens.

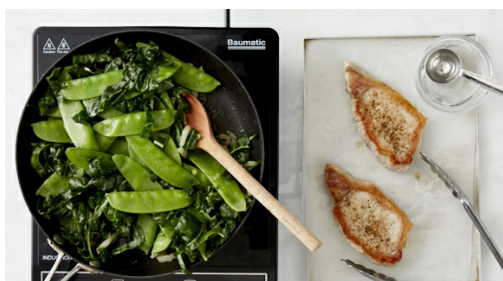
## Nutrition per serving

Energy 520kcal, Fat 27.5g, Carbs 18.3g, Proteins 45.4g



### 1. Prepare ingredients

Bring the **pork** out of the fridge while you prepare your ingredients. Trim the stems of the **snow peas** and remove the strings from one side. Very thinly slice the **silverbeet**, including the stems.



### 4. Cook vegetables

Meanwhile, increase the heat to high. Add the **remaining sesame oil**, **remaining water**, **snow peas** and **silverbeet**. Cook, tossing, for 2-3 mins until vegetables are tender. Season with **salt**.



### 2. Prepare sauce

Whisk together the **tahini**, **mirin**, **soy sauce**, **sugar**, **vinegar**, **half the water** (see staples list), **half the sesame seeds** and **half the sesame oil** in a bowl until well combined.



### 5. Prepare spring onion

While vegetables are cooking, thinly slice the **spring onion**.



### 3. Cook pork

Season the **pork** on both sides with **salt and pepper**. Heat the **vegetable oil** in a large frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until golden and cooked through. Remove from heat and set aside to rest for 3 mins.



### 6. Get ready to serve

Thinly slice the **pork**. Divide the pork and vegetables among plates. Scatter the **spring onion** over the vegetables. Drizzle sesame sauce over the pork and scatter over the **remaining sesame seeds** to serve.