

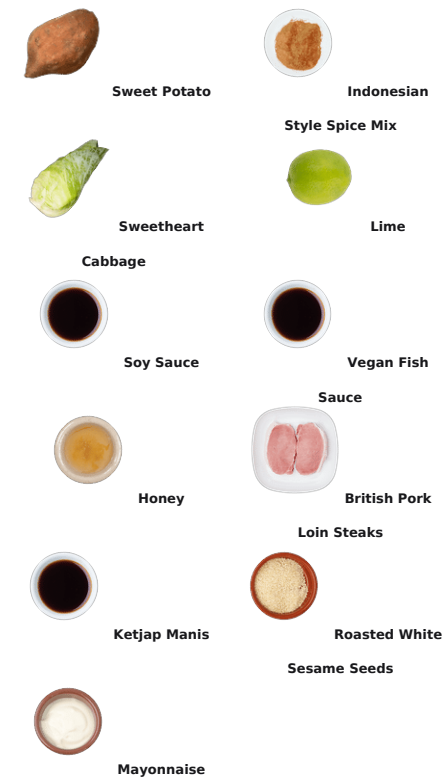


Seared Double Pork Steaks & Vietnamese Style Hispi Cabbage

with Spiced Sweet Potato, Lime, Soy and Sesame Seeds

High Protein

Preparation time : 30 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/seared-double-pork-steaks-vietnamese-style-hispi-cabbage-434>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl, Pan, Aluminum Foil

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Sweet Potato (unit(s))	2	3	4
Indonesian Style Spice Mix (sachet(s))	1	1	2
Sweetheart Cabbage (unit(s))	1	1½	2
Lime (unit(s))	½	¾	1
Soy Sauce (milliliter(s))	20	30	40
Vegan Fish Sauce (grams)	5	7½	10
Honey (grams)	30	45	60
British Pork Loin Steaks (unit(s))	4	6	8
Ketjap Manis (grams)	20	30	40
Roasted White Sesame Seeds (grams)	5	7½	10
Mayonnaise (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	3375 kJ
Energy (kcal)	807 kcal
Fat	18.4 g
of which saturates	4.7 g
Carbohydrate	87.2 g
of which sugars	43.7 g
Dietary Fibre	18.5 g
Protein	67.9 g
Salt	3.03 g

Allergens

Wheat, Pecan Nuts, May contain traces of allergens, Soya, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Cereals containing gluten, Almonds, Cashew nuts, Peanut, Walnuts, Sesame, Nuts

Always check the product labels for allergen information.



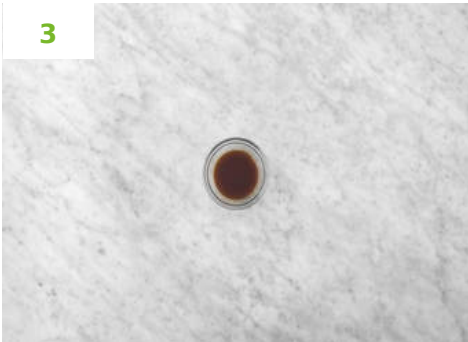
Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7. Slice the **sweet potatoes** into 1cm thick rounds (no need to peel). Put the **sweet potatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **Indonesian style spice mix**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Roast the Hispi

Meanwhile, trim the **hispi cabbage**, then cut lengthways into 4cm wedges. Transfer to a baking tray and drizzle with **oil**. Season with **salt** and **pepper**. Roast on the middle shelf until charred, 18-20 mins. Turn halfway through.



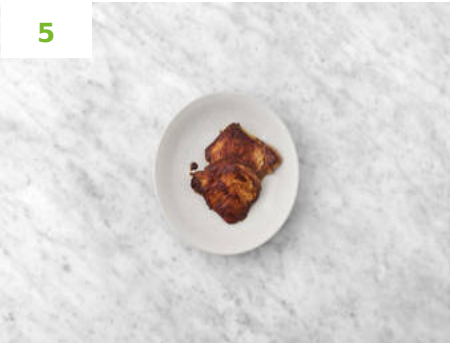
Add the Flavour

While everything's roasting, cut the **lime** into wedges. In a small bowl, add a good squeeze of **lime juice**, **honey**, **soy sauce** and the **vegan fish sauce**. Mix together. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen. When the **cabbage** has 5 mins remaining, spoon over **half** the **dressing**. Return to the oven to glaze, 5 mins.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. Once hot, add the **pork steaks**. Fry until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



Final Touches

Once the **pork** is cooked, remove to a plate and drizzle over the **ketjap**. Turn to coat both sides of the **pork**, then cover with another plate or foil to rest. **IMPORTANT:** The pork is cooked when no longer pink in the middle. Once the **cabbage** is cooked, spoon over the remaining **dressing** to coat the **cabbage**.



Serve

Share the **pork steaks** between your serving plates. Serve the **spiced sweet potato rounds** and **dressed cabbage** alongside. Sprinkle over the **sesame seeds** and serve with **mayo** (see pantry for amount) for dipping. Serve with any remaining **lime wedges** for squeezing over.

Enjoy your meal!