



Cooking Made Easy



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Hoisin Pork with Wholemeal Rice, Peppers & Sugar Snap Peas

With Jack Frost still thumping at the door we're giving you a seasonal boost! Brown rice is packed full of much needed fibre whilst chilli is the perfect way to preventing a cold. Combine that with immune boosting ginger and garlic and a whole array of vegetables and you've made the first bold step towards a 'sniffle' free winter!



30 min



level 2



spicy



family
box

Ingredients

	2P	4P
Brown Rice	-	300 grams
Pork Fillet	-	500 grams
Red Onion	-	½
Garlic Cloves	-	2
Fresh Ginger	-	2 tbsp
Red Chilli	-	1
Yellow Pepper	-	2
Sugar Snap Peas	-	1 cup
Celery 2	-	2 sticks
Hoisin Sauce 1 3 4	-	5 tbsp
Lime	-	1
Fresh Coriander	-	small handful
Cornflour	-	2 tbsp

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Celery
3) Soya | 4) Sesame

Nutrition per serving

Calories: 736kcal,
Protein: 39g, Carbs: 100g,
Fat: 20g, Saturated Fat: 6g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Bring a large pot of water to a rapid boil with ½ tsp of salt. Wash the rice under running water for 30 seconds (important step!). Boil the rice for 25 mins until soft enough to eat. Drain the rice and put it back in the pan off the heat and cover with a tea towel.



2 Peel and slice the onion in half lengthways and then very thinly slice. Peel and finely dice the garlic, finely dice the chilli and roughly chop the coriander. Thinly slice the celery widthways and chop the pepper into 3cm chunks. Peel the ginger using the edge of a spoon and then very thinly chop.

3 Chop the pork into 2cm chunks then dab it dry with some kitchen towel (if you have some). Toss the pork in the cornflour together with a pinch of salt and pepper.



4 Heat 2 tps of oil in a non-stick pan on high heat. Once really hot, carefully add in the pork (it might sputter a bit). Stir-fry the pork in batches for 3 mins while you toss the pan. Remove the pork from the pan and set to the side.

5 Heat 1 tbsp of oil in the pan and add in the onion, garlic, chilli and ginger. After 1 minute, add the yellow pepper and cook for 2 mins.

6 Now add the sugar snap peas and the celery and cook for another minute. Add 2 tbsps of water and cover the pan. Leave to cook for another 2 mins.



7 Squeeze the juice of half the lime into the hoisin sauce. Take the lid off the stir fry and add in the sauce together with the pork. Sprinkle over a couple of tbsps of chopped coriander. Toss everything together for a minute and then serve with the rice.