

Pork Steak in Teriyaki Sauce

with Apple Sesame Slaw and Jasmine Rice

Calorie Smart 25-30 Minutes • 1 of your 5 a day • Under 650 Calories



Jasmine Rice



Spring Onion



Coriander



Apple



Coleslaw Mix



Roasted White Sesame Seeds



Rice Vinegar



British Pork Loin Steaks



Teriyaki Sauce



Widely used in Japanese barbecue dishes, teriyaki's name comes from the Japanese 'teri', meaning 'shine' and 'yaki' meaning fried or grilled. Here, it's used to glaze seared pork steaks, which are then served up with fluffy rice and slaw.

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Spring Onion**	2	3	4
Coriander**	1 bunch	1 bunch	1 bunch
Apple**	1	1½	2
Coleslaw Mix**	120g	240g	240g
Roasted White Sesame Seeds 3)	5g	7.5g	10g
Rice Vinegar	15ml	22.5ml	30ml
British Pork Loin Steaks**	2	3	4
Teriyaki Sauce 11)	100g	150g	200g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	2579 /616	473 /113
Fat (g)	11.6	2.1
Sat. Fat (g)	2.9	0.5
Carbohydrate (g)	90.4	16.6
Sugars (g)	25.7	4.7
Protein (g)	37.6	6.9
Salt (g)	2.93	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

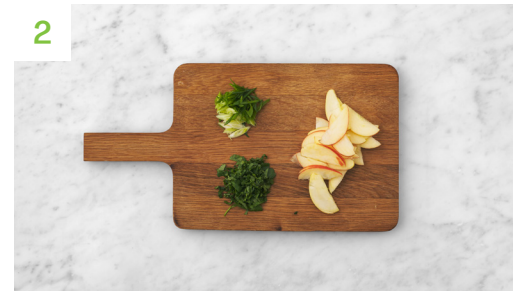


Fry the Pork

Heat a drizzle of **oil** in a large frying pan on a 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. It's cooked when no longer pink in the middle.



Slice and Chop

Meanwhile, trim and thinly slice the **spring onions**. Roughly chop the **coriander** (stalks and all).

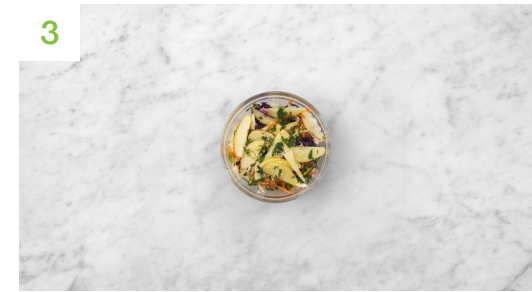
Quarter, core and thinly slice the **apple** (no need to peel).



Glaze your Steaks

Once the **pork** is cooked, add the **teriyaki sauce** to the pan and turn to coat the **steaks**, 1-2 mins.

Transfer to a plate, cover with another plate or foil and allow to rest.



Toss your Slaw

In a medium bowl, add the **coleslaw mix**, **apple**, **coriander**, **sesame seeds**, **rice vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then toss to combine. Set aside.



Finish and Serve

Once rested, slice the **pork** widthways into 1cm thick slices.

Fluff up the **rice** with a fork and share between your bowls, then top with the **teriyaki pork** and **apple sesame slaw**.

Spoon over any remaining **glaze** from the pan and scatter with the **spring onion** to finish.

Enjoy!