



Asian Style Sticky Pork

with Veggie Rice

RAPID 20 Minutes

N° 10



Basmati Rice



Bok Choy



Salted Peanuts



Coriander



Lime



Garlic Clove



Pork Loin Steak



Easy Ginger



Teriyaki Sauce



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Basic cooking tools, you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Bok Choy**	1	2	2
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Pork Loin Steak**	2	3	4
Easy Ginger	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Diced Chicken Breast**	280g	420g	560g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	364g	100g
Energy (kJ/kcal)	2475 /592	680 /163
Fat (g)	13	4
Sat. Fat (g)	3	1
Carbohydrate (g)	81	22
Sugars (g)	15	4
Protein (g)	41	11
Salt (g)	2.45	0.67
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	379g	100g
Energy (kJ/kcal)	2466 /590	651 /156
Fat (g)	10	3
Sat. Fat (g)	2	1
Carbohydrate (g)	80	21
Sugars (g)	15	4
Protein (g)	46	12
Salt (g)	2.48	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **11)** Soya

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1. Cook the Rice

a) Bring a large saucepan of **water** to the boil with a ¼ tsp of **salt** for the **rice**.

b) When boiling, add the **rice** and cook for 12 mins.

c) Drain in a sieve.



4. Fry the Pork

a) Heat a splash of **oil** in a large frying pan on high heat.

b) When hot, add the **bok choy** and stir-fry until softened, 3-4 mins.

c) Remove the **bok choy** to a bowl and pop your pan back on high heat.

d) Add a drizzle of **oil** and the **pork**, stir-fry until browned all over, 4-5 mins.



CUSTOM RECIPE

If you have chosen **diced chicken breast** instead of pork, cook the **chicken** the same as you would the pork in the step above and in the rest of the recipe. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



2. Prep

a) Meanwhile, trim the **bok choy** then thinly slice widthways.

b) Roughly chop the **peanuts**.

c) Roughly chop the **coriander** (stalks and all).

d) Zest the **lime**, then chop into wedges. Peel and grate the **garlic** (or use a garlic press).

e) Chop the **pork** into 2cm chunks. **IMPORTANT:** Wash your hands after handling raw meat.



5. Glaze it Up

a) Lower the heat to medium then pour the **sauce** into the pan.

b) Cook, coating the **pork** in the **sticky sauce**, for 2-3 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle. **TIP:** Add a splash of water if it dries out too much.

c) Meanwhile, in a large bowl gently toss together the cooked **rice**, **lime zest**, **bok choy**, **half** the **coriander** and **half** the **peanuts**. Season to taste with **salt** and **pepper** if needed.



3. Make the Sauce

a) In a small bowl, stir together the **garlic**, **easy ginger**, **teriyaki sauce** and squeeze **half** the **lime juice**.

b) Add the **water**, stir together and set aside.



6. Serve

a) Divide the **rice** between plates and serve the **sticky pork** on top of it.

b) Finish by pouring any **sauce** left in the pan over the top and scattering over the remaining **peanuts** and **coriander**.

c) Top with the remaining **lime wedges** for squeezing over.

Enjoy!