



Asian Style Sticky Pork

with Veggie Rice

RAPID 20 Minutes

N° 15



Basmati Rice



Carrot



Spring Onion



Salted Peanuts



Coriander



Lime



Garlic Clove



Pork Loin Steak



Easy Ginger



Ketjap Manis



Soy Sauce



Honey

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Spring Onion**	2	3	4
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
Ketjap Manis 11) 13)	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Honey	1 sachet	1 sachet	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	369g	100g
Energy (kJ/kcal)	2569 /614	697 /167
Fat (g)	13	4
Sat. Fat (g)	3	1
Carbohydrate (g)	87	24
Sugars (g)	20	6
Protein (g)	41	11
Salt (g)	3.24	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **11)** Soya **13)** Gluten

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.

Contact

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Packed in the UK



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. 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 **pork** and stir-fry until browned all over, 4-5 mins. **IMPORTANT:** The **pork** is cooked when no longer pink in the middle.



2. Prep

a) Meanwhile, trim the **carrot** then grate on the coarse side of your grater (no need to peel).

b) Trim the **spring onions** then finely slice.

c) Roughly chop the **peanuts**.

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

e) Zest the **lime**, then chop into wedges.

f) Peel and grate the **garlic** (or use a garlic press).

g) 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. Cook, coating the **pork** in the **sticky sauce**, for 2-3 mins.

b) Meanwhile, in a large bowl gently toss together the cooked **rice**, **lime zest**, **carrot**, **coriander**, **half** the **spring onions** and **half** the **peanuts**.

c) Season to taste with **salt** and **pepper** if needed.



3. Make the Sauce

a) In a small bowl, stir together the **garlic**, **easy ginger**, **ketjap manis**, **soy sauce**, **honey** and **half** the **lime juice**.

b) 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 **spring onions**.

c) Top with the remaining **lime wedges**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.