

Asian Style Sticky Pork

with Veggie Rice

RAPID 20 Minutes







Basmati Rice





Spring Onion





Salted Peanuts



Coriander





Garlic Clove



Pork Loin Steak



Easy Ginger



Ketjap Manis



Soy Sauce



Honey

Before you start

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

Basic cooking tools, you will need:

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

Ingredients

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	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

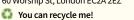
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HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





4. Frv the Pork

1. Cook the Rice

a 1/4 tsp of salt for the rice.

Drain in a sieve.

a) Bring a large saucepan of water to the boil with

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

- 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.



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.



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.



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.