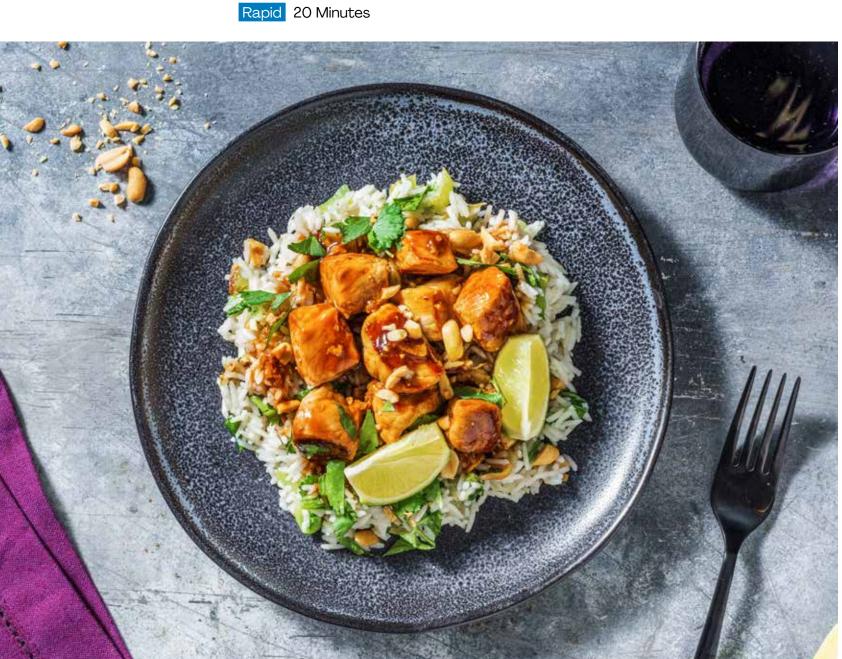


Asian-Style Sticky Pork with Veggie Rice







Basmati Rice





Salted Peanuts







Easy Ginger

Coriander



Pork Loin Steak





Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Saucepan, Fine Grater 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
*Marker de de de **Chamain de Edidos			

^{*}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

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.

Contact

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Cook the Rice

- a) Bring a large saucepan of water to the boil with a 1/4 tsp of salt for the rice.
- **b)** When boiling, add the **rice** and cook for 12 mins.
- c) Drain in a sieve.



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.
- e) Peel and grate the garlic (or use a garlic press).
- f) Chop the pork into 2cm chunks. IMPORTANT: Wash your hands after handling raw meat.



Make the Sauce

- a) In a small bowl, stir together the garlic, easy ginger, teriyaki sauce and half the lime juice.
- **b)** Add the **water**, stir together and set aside.



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.



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.
- d) Season to taste with salt and pepper if needed.



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!

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.