



PORK SATAY SKEWERS

with Turmeric Rice



HELLO ECHALION SHALLOT

This is a cross between a regular shallot and an onion, having a much milder taste than normal onions!



Bamboo Skewers (included)



Ground Coriander



Ground Cumin



Turmeric



Pork Loin Steak



Echalion Shallot



Red Pepper



Garlic Clove



Coriander



Basmati Rice



Chicken Stock Powder



Peanut Butter



Lime

MEAL BAG 4

35 mins

1 of your 5 a day

These mouthwatering fusion kebabs are finger-licking great and quick and easy to make. Cubes of tender pork loin marinated in warm spices threaded onto skewers and served on a bed on fragrant vegetable rice. Don't forget the crowning glory - a delicious peanut and lime satay sauce drizzled on top. Divine!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Mixing Bowl**, **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**), **Measuring Jug** and some **Foil**. Now, let's get cooking!



1 MARINATE YOUR PORK!

Preheat your oven to 200°C and line a baking tray with baking paper. Soak the **skewers** in a bowl of water. In a mixing bowl, mix the **ground coriander**, **half the ground cumin** and **half the turmeric**. Stir in the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Trim any fat from the **pork** then chop into 2cm chunks, pop into the bowl and stir to coat. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat!



4 ROAST YOUR SKEWERS

Thread the **pork** onto the **skewers**, then place them on the prepared baking tray. Pour over any remaining spicy **oil** and roast on the top shelf of your oven for 10-12 mins, turn halfway through cooking. **! IMPORTANT:** The **pork** is cooked when it is no longer pink in the middle. Once cooked, remove from the oven, cover with foil and leave to rest for a couple of mins.



2 PREPARE YOUR VEGGIES!

Halve, peel and chop the **shallot** into small pieces. Halve, then remove the core from the **pepper** and roughly chop into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot** and **pepper** and cook, stirring occasionally until soft, 5 mins. Add the **garlic** and remaining **turmeric** and **cumin**. Stir and cook for 1 minute.



5 MAKE THE DRIZZLE

Meanwhile, pop the **peanut butter** into a small bowl and add a squeeze of **lime juice**. Add the **water** (see ingredients for amount) and stir vigorously so you have a nice thick sauce. Season with **salt**, **pepper** and more **lime juice** to taste.



3 COOK YOUR RICE

Add the **basmati rice** to the **veggies** and stir together. Stir in the **water** (see ingredients for amount) and **stock powder**, bring to the boil then lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **★ TIP:** The rice will finish cooking in its own steam.



6 PLATE UP

Once cooked, fluff up the **rice** with a fork and stir in **half the chopped coriander**. Serve on plates with the **pork skewers** on top. Mix any **pork juices** from the baking tray into the **peanut drizzle** and spoon this on top of the **pork**. Sprinkle on the remaining chopped **coriander**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Ground Coriander	1 small pot	¾ large pot	1 large pot
Ground Cumin	1 large pot	1½ large pots	2 large pots
Turmeric	1 pot	1 pot	2 pots
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Pork Loin Steak	2	3	4
Echalion Shallot	1	2	2
Red Pepper	1	1½	2
Garlic Clove	1	2	2
Coriander	1 bunch	1 bunch	1 bunch
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 pots	1½ pots	2 pots
Peanut Butter 1)	2 sachets	3 sachets	4 sachets
Lime	½	¾	1
Water for the Satay Sauce*	2 tbsp	3 tbsp	4 tbsp

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 381G	PER 100G
Energy (kcal)	596	157
(kJ)	2492	654
Fat (g)	22	6
Sat. Fat (g)	6	2
Carbohydrate (g)	66	17
Sugars (g)	6	2
Protein (g)	34	9
Salt (g)	0.90	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Peanut

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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