



More Than Food
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Tender Stir Fried Pork with Cashew Nuts and Black Bean Sauce

Certain dishes can't help but inspire nostalgia. Black bean sauce was one of the gateway dishes into our childhood obsession with Chinese food. Tonight we've teamed it up with a beautifully cut piece of Pork Loin Medallion from our butcher extraordinaire Nick 'The Knife'. We've thrown in a little restaurant trick too by adding cornflour to make your meat melt-in-the-mouth tender!



35 mins



healthy



lactose free



family box



Pork Loin Medallion
(500g)



Cornflour (2 tbsp)



Basmati Rice
(2 cups)



Garlic Clove(2)



Ginger (2 tbsp)



Green Pepper (2)



Carrot (2)



Spring Onion (3)



Cashew Nuts
(2 tbsp)




Black Bean Sauce
(2 tbsp)

Ingredients

4 PEOPLE ALLERGENS

Pork Loin Medallion	500g	
Cornflour	2 tbsp	
Basmati Rice	2 cups	
Garlic Clove, chopped	2	
Ginger, chopped	2 tbsp	
Green Pepper, sliced	2	
Carrot, chopped	2	
Spring Onion, chopped	3	
Cashew Nuts	2 tbsp	Nut
Black Bean Sauce	2 tbsp	Soya, Gluten

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Botanically speaking, cashews are actually seeds not nuts.

Nutrition per serving: Calories: 635 kcal | Protein: 39 g | Carbs: 79 g | Fat: 17 g | Saturated Fat: 5 g



1 Very thinly slice the **pork** widthways into ½cm slices. **LH:** *toss them in the **cornflour** with a pinch of **salt** and a few grinds of **black pepper**.*



2 Boil 700ml of **water** (exactly) with ½ tsp of **salt** in a pot. Once the water comes to a boil turn the heat to the lowest setting. Add the **rice** and place a tight lid on the pot. Leave on the lowest heat for 10 mins, then remove from the heat for 10 mins. **Tip:** *Don't peek under the lid for 20 mins or the rice won't be perfect!*

3 Peel and very finely chop the **garlic**. Peel the skin from the **ginger** using the edge of a spoon and then finely chop or grate it. Remove the core from the **green peppers** and slice lengthways into ½cm slices. Peel and chop the **carrots** into ½cm sticks (thinner if your knife skills allow!). Finally, chop the **spring onions** widthways into really thin discs then separate the white and green parts.



4 Put a large frying pan on medium-high heat and add the **cashew nuts** (without oil). Cook the **cashew nuts** until they have turned brown and then remove them from the pan. **Tip:** *Watch your nuts like a Wimbledon line judge as the moment your back is turned they'll burn!*

5 Once the nuts are removed add 2 tsp of **oil** to the pan and turn the heat to high. Once it's really hot, carefully lay in half of the **pork** pieces. Cook the slices for a minute on each side then remove, repeat with the remaining pork slices. We cook in two batches as overcrowding the pan will stew your meat rather than brown it.



6 Add another tsp of **oil** to the pan together with the **pepper** and **carrot** sticks. Cook for 4 mins before adding the whites of the **spring onion**, **garlic** and **ginger**. Cook for 30 seconds and then put your **pork** back in the pan.

7 Add the **black bean sauce** together with 4 tbsp of **water** and toss everything together for a minute, before serving it with your **rice**, a sprinkle of **cashews** and the greens of the **spring onion**.