



Teriyaki Glazed Pork Steak

with Sesame Slaw and Jasmine Rice

Family 30 Minutes

9



Jasmine Rice



Spring Onion



Sesame Seeds



Coriander



Coleslaw Mix



Rice Vinegar



Pork Steak



Teriyaki Sauce

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Measuring jug, saucepan, lid, frying pan and bowl.

Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Spring Onion**	2	3	4
Sesame Seeds 3)	15g	15g	15g
Coriander**	1 bunch	1 bunch	1 bunch
Coleslaw Mix**	120g	240g	240g
Olive Oil*	½ tbsp	¾ tbsp	1 tbsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Rice Vinegar	1 sachet	2 sachets	2 sachets
Pork Steak**	2	3	4
Teriyaki Sauce 11)	75g	125g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	336g	100g
Energy (kJ/kcal)	2445/584	728/174
Fat (g)	12	4
Sat. Fat (g)	3	1
Carbohydrate (g)	79	23
Sugars (g)	17	5
Protein (g)	38	11
Salt (g)	2.22	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **¼ tsp salt**. Cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

2



Prep the Garnishes

While the **rice** cooks, trim and thinly slice the **spring onion**. Heat a large frying pan over medium heat (no oil). Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Transfer the **seeds** to a small bowl and set the pan aside.

3



Make the Slaw

Roughly chop the **coriander** (stalks and all). Pop into a medium bowl along with the **coleslaw mix**. Add the **olive oil**, **sugar for the dressing** (see ingredients for both amounts), **rice vinegar** and **half the sesame seeds**. Season with **salt** and **pepper**, then mix well to dress.

4



Fry the Pork

Heat a drizzle of **oil** in the (now empty) frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw meat.** Once hot, add the **pork steaks** and cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-5 mins, turning every couple of mins. **IMPORTANT: The pork is cooked when no longer pink in the middle.**

5



Glaze your Steaks

Once the **pork** is cooked, drain off any excess fat. Add the **teriyaki sauce** to the pan, bring to a boil and bubble until the **pork** is coated in the glaze, 1-2 mins. Once cooked, remove to a plate and cover with another plate or foil to rest.

6



Time to Serve

When rested, slice each **steak** widthways. Fluff up the **rice** with a fork and share between your bowls, then top with the **slaw** and **sliced pork**. Spoon over any **glaze** left in the pan and sprinkle over the **spring onion** and remaining **sesame seeds**.

Enjoy!